Consolidated list of Article 13 health claims

List of references received by EFSA

Part 2
IDs 1001 – 2000

(This document contains the list of references for claims which the Commission has asked EFSA to prioritise in the evaluation.)

BACKGROUND

In accordance with Article 13 of Regulation (EC) No 1924/20061 Member States had provided the European Commission with lists of claims accompanied by the conditions applying to them and by references to the relevant scientific justification by 31 January 2008.

EFSA has received from the European Commission nine Access databases with a consolidated list of 4,185 main health claim entries with around 10,000 similar health claims. The similar health claims were accompanied by the conditions of use and scientific references. The nine Access databases were sent in three batches - in July 2008, in November 2008 and in December 2008.

Subsequently, EFSA combined the databases into one master database and re-allocated upon request of the Commission and Member States similar health claims which had been accidentally placed under a wrong main health claim entry (misplaced claims). During this process some Member States also identified a number of similar health claims which still needed to be submitted to EFSA (‘missing claims’). These similar claims were also added to the database.

In March 2010, the European Commission forwarded to EFSA an addendum to the consolidated list containing an additional 452 main entry claims which have been added to the updated final database which was published on the EFSA website in May 2010 (containing 4,637 main entry claims).

The references to the scientific justifications provided by Member States were either included in the database or were provided in separate files. In addition, full-text copies of references were provided directly to EFSA from stakeholders. The deadline for submission of these references was end of 2008. EFSA wishes to acknowledge the full-text copies of relevant literature provided by stakeholders until that date. In some instances, references provided to EFSA were referring to papers which were submitted for publication. In case the publication had in the meanwhile taken place EFSA has included the correct citation in the list of references and this may result in some references carrying a 2009 or 2010 publication date.

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EFSA has screened all health claims on the list using six criteria established by the NDA Panel to identify claims for which EFSA considers sufficient information has been provided for evaluation and those for which more information or clarification is needed before evaluation can be carried out. The claims which had been sent back to the Commission and the Member States for further clarification in January 2009 were received back with additional information in November 2009.

Further information can be found on the EFSA website under the following link: http://www.efsa.europa.eu/EFSA/efsa_locale-1178620753812_article13.htm.

LIST OF REFERENCES

The present document compiles the lists of references for claims with ID numbers between 1001 and 2000 and which the Commission has asked EFSA to prioritise in the evaluation. The list takes into account references provided through different sources and those coming from misplaced or missing claims. The main health claim entries are sorted in ascending order of the ID number.

This document has been updated according to the progress of adoption of opinions related to Article 13 health claims. References for ID numbers which have been added to the document after the last update of 4 October 2010 have been highlighted in red font.
TABLE OF CONTENTS

Table of contents.................................................................................................................. 3
ID 1001: “Lactobacillus reuteri THT 030803” and “Natural defences/ immune system” .................... 31
ID 1002: “Lactobacillus rhamnosus THT 030901” and “Digestive health/ Intestinal flora” .................. 31
ID 1003: “Lactobacillus rhamnosus THT 030901” and “Natural defences/ immune system” .............. 31
ID 1004: “Lactobacillus rhamnosus THT 030902” and “Digestive health/ Intestinal flora” ............... 32
ID 1005: “Lactobacillus rhamnosus THT 030902” and “Natural defences/ immune system” .......... 32
ID 1006: “Lactobacillus salivarius THT 031001” and “Digestive health/ Intestinal flora” ................. 33
ID 1007: “Lactobacillus salivarius THT 031001” and “Natural defences/ immune system” ........... 33
ID 1008: “Lactococcus lactis THT 090101” and “Digestive health/ Intestinal flora” ......................... 33
ID 1009: “Lactococcus lactis THT 090101” and “Natural defences/ immune system” .................... 34
ID 1010: “Saccharomyces boulardii ATY-SB-101” and “Gastro-intestinal function / Intestinal microflora” .......... 34
ID 1011: “Saccharomyces boulardii ATY-SB-101” and “Natural defences / Immune system” ............. 34
ID 1012: “Streptococcus thermophilus THT 070101” and “Digestive health/ Intestinal flora” ............. 35
ID 1013: “Streptococcus thermophilus THT 070101” and “Natural defences/ immune system” ....... 35
ID 1014: “Streptococcus thermophilus THT 070102” and “Digestive health/ Intestinal flora” ............ 36
ID 1015: “Streptococcus thermophilus THT 070102” and “Natural defences/ immune system” .......... 36
ID 1030: “Lactobacillus crispatus P 17631” and “Benessere del tratto intestinale” ......................... 36
ID 1055: “Lactobacillus acidophilus, Lactobacillus paracasei, Lactobacillus rhamnosus and Bifidobacterium lactis lactic acid bacteria” and “Gut health” ................................................................. 37
ID 1056: “Lactobacillus acidophilus, Lactobacillus paracasei, Lactobacillus rhamnosus and Bifidobacterium lactis lactic acid bacteria” and “Immunity” ................................................................. 37
ID 1057: “Lactobacillus reuteri lactic acid bacteria” and “Mouth, teeth” ........................................... 38
ID 1058: “Lactobacillus rhamnosus GG + Lactobacillus rhamnosus Lc705 + Propionibacterium freudenreichii subsp. shermanii JS + Bifidobacterium animalis subsp. lactis Bb-12” and “Gut health” .......... 38
ID 1060: “Lactococcus lactis L1A NCIMB 40157 (Verum® Hälsofil)” and “Digestive system” ............ 39
ID 1061: “Lactobacillus rhamnosus LB21 NCIMB 40564” and “Digestive system Immune system” .... 39
ID 1062: “Lactococcus lactis L1A NCIMB 40157” and “Intestinal flora Digestive health” .................. 40
ID 1063: “Lactobacillus plantarum LB931 DSM 11918” and “Intestinal flora Digestive health Urogenital health” ................................................................. 40
ID 1064: “Lactobacillus rhamnosus LB21 NCIMB 40564” and “Intestinal flora Digestive health Oral flora” ................................................................. 41
ID 1065: “Lactobacillus plantarum LB7c DSM 17853” and “Intestinal flora Digestive health” .............. 41
ID 1066: “Lactobacillus plantarum LB3e DSM 17852” and “Intestinal flora Digestive health” ............. 41
ID 1067: “Streptococcus sanguis NCIMB 40104” and “Oral health Throat health” ......................... 42
ID 1068: “Streptococcus sanguis NCIMB 40873” and “Oral health Throat health” ......................... 43
ID 1069: “Streptococcus oralis NCIMB 40875” and “Oral health Throat health” ............................... 44
ID 1070: “Streptococcus oralis NCIMB 40876” and “Oral health Throat health” ............................... 45
ID 1071: “Lactobacillus plantarum HEAL 9 (DSM 15312 = 39D)” and “Strengthens the immune system. Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina” .................. 46
ID 1072: “Lactobacillus plantarum HEAL 19 (DSM 15313 = 52A)” and “Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina” and “Reduces the insulin response after a meal. Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina.”

ID 1073: “Lactobacillus plantarum HEAL 99 (DSM 15316 = 61A)” and “Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina”

ID 1074: “Lactobacillus paracasei 8700:2 (DSM 13434, 240HI)” and “Strengthens the immune system. Establishment of lactobacilli and beneficial changes in the microflora”

ID 1075: “Lactobacillus paracasei 02A (DSM 13432)” and “Establishment of lactobacilli and beneficial changes in the microflora”

ID 1076: “Lactobacillus rhamnosus 271 (DSM 6594)” and “Gut Health”

ID 1077: “Lactobacillus plantarum 299 (DSM 6595, 67B)” and “Immune systems”

ID 1078: “Lactobacillus plantarum 299 (DSM 6595, 67B)” and “Increase the amount of Lactobacilli in the intestine. Decrease the amount of Enterobacteriaceae. Inhibit pathogenic bacteria”

ID 1079: “Lactobacillus crispatus VPC111 (DSM 16741)” and “Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina”

ID 1080: “Lactobacillus crispatus VPC177 (DSM 16743)” and “Gut health, Vaginal health/flora”

ID 1081: “Lactobacillus plantarum 299v (DSM 9843)” and “Immune systems”

ID 1083: “Lactobacillus plantarum 299v (DSM 9843)” and “Antioxidant properties”

ID 1084: “Lactobacillus plantarum 299v (DSM 9843)” and “Gut health”

ID 1085: “A combination of three probiotic ingredients; Lactobacillus casei F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus La5” and “Gut function/health”

ID 1086: “Dairy products containing the combination of three probiotic ingredients; Lactobacillus casei F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus La5” and “Gut Health. Immune systems”

ID 1087: “Lactobacillus reuteri DSM 17938” and “Gut microflora”

ID 1088: “Lactobacillus reuteri DSM 17938 Lactobacillus reuteri ATCC PTA 5289” and “Immune defence”

ID 1089: “Lactobacillus reuteri DSM 17938 Lactobacillus reuteri ATCC PTA 5289” and “Healthy oral flora”

ID 1090: “A combination of the probiotics: Lactobacillus casei F19, Lactobacillus plantarum 2592, Leuconostoc mesenteroides 77:1, Pediococcus pentosaceus 16:1” and “Natural defence/immune system”

ID 1091: “Bacillus subtilis HU58” and “Intestinal / digestive health”

ID 1092: “Bacillus subtilis HU58” and “Immune function”

ID 1093: “Bifidobacterium infantis UCC35624” and “Promotion of healthy digestion”

ID 1094: “Bifidobacterium infantis UCC35624” and “Immune Response”

ID 1095: “Bifidobacterium infantis UCC35624” and “Gut Flora/ Immune System”

ID 1096: “Probiotics (Lactobacillus acidophilus, Bifidobacterium breve, Bifidobacterium longum, Bifidobacterium infantis) & Antioxidants (Vitamin C, Green Tea Extract, Grape Seed Extract, Pine Bark Extract) as contained in the probiotic formula Immunox” and “Maintains healthy digestive function and supports immunity”

ID 1097: “Lactobacillus acidophilus CUL60 Lactobacillus casei LC11 Bifidobacterium lactis CUL34” and “Gut Flora”

ID 1098: “Lactobacillus LA-5” and “Verdauungsapparat”

ID 1099: “Coffee” and “Protection of body tissues, lipids, cells and DNA from oxidative damage”
ID 1100: “Coffee” and “Glucose homeostasis” .......................................................... 68
ID 1101: “Coffea arabica L.” and “Mental and physical stimulant effect” ................. 70
ID 1102: “Coffea arabica L. and other spp (Common Name: Coffee) and Camelia sinensis (Common Name: Tea)” and “Hydration, eg. body function, physical and cognitive performance” ........................................ 71
ID 1103: “Camelia sinensis (Common Name: Tea)” and “Protection of body tissues and cells from oxidative damage” ................................................................. 72
ID 1104: “Camelia sinensis (Common Name: Tea)” and “Physical and mental stimulation (hydration and caffeine)” ................................................................. 78
ID 1105: “Camelia sinensis (Common Name: Tea)” and “Oral health” ....................... 80
ID 1106: “Camelia sinensis (Common Name: Tea)” and “Heart health” .................... 80
ID 1107: “Camelia sinensis (Common Name: Tea)” and “Weight management/metabolism of lipids” .................... 83
ID 1108: “Camelia sinensis(Common Name: Tea)” and “Glucose metabolism” ............ 85
ID 1109: “Camelia sinensis (Common Name: Tea)” and “Bone health” ..................... 85
ID 1110: “Camelia sinensis (Common Name: Tea)” and “Skin health” ....................... 85
ID 1111: “Catechins – Green tea (camellia sinensis)” and “Dental health” ............... 85
ID 1112: “Catechins – Green tea (camellia sinensis)” and “Weight management” ........ 86
ID 1113: “Catechins – Green tea (camellia sinensis)” and “Cholesterol” .................. 87
ID 1114: “Catechins – Green tea (camellia sinensis)” and “Heart health” .................. 88
ID 1115: “Catechins – Green tea (camellia sinensis)” and “Glucose metabolism” ........ 89
ID 1116: “Catechins – Green tea (camellia sinensis)” and “Gut flora” ....................... 91
ID 1117: “Catechins – Green tea (camellia sinensis)” and “Cognitive function” .......... 91
ID 1118: “Catechins – Green tea (camellia sinensis)” and “Colon health” ................. 95
ID 1119: “Catechins – Green tea (camellia sinensis)” and “Skin care” ....................... 95
ID 1120: “Catechins – Green tea (camellia sinensis)” and “Women health” ............... 96
ID 1121: “Catechins – Green tea (camellia sinensis)” and “Men health / prostate health” 96
ID 1122: “Food with a reduced glycemic response” and “Improved blood glucose control” ................................................................. 97
ID 1123: “Camellia sinensis Tea (Green, Oolong and Black Tea)” and “Resting metabolic rate and thermogenesis” ............ 99
ID 1124: “Green Tea” and “Fat metabolism” .......................................................... 100
ID 1125: “Cranberry (Lingonberry) juice, (Vaccinium vitis-idaea, Vaccinium macrocarpon)” and “Urinary tract” .............................................................. 100
ID 1126: “Whole grain foods” and “Weight management” ....................................... 104
ID 1127: “Ready-to-eat breakfast cereals” and “Weight management” ....................... 107
ID 1128: “Omega-3 fatty acids (DHA+EPA)” and “Heart health” .......................... 108
ID 1129: “Nuts - fatty acids (DHA+EPA)” and “Heart health” .......................... 109
ID 1130: “Nuts - fatty acids (DHA+EPA)” and “Heart health” .......................... 109
ID 1131: “Almonds” and “Maintains healthy blood total and LDL cholesterol and heart health” ................................................................. 113
ID 1132: “Soups” and “Body weight management” .............................................. 116
ID 1133: “Soups” and “Satiety/ satiation” .......................................................... 117
ID 1134: “Table top sweeteners and foods, beverages containing intense sweeteners” and “Dental health/sweeteners can not be fermented by oral bacteria, they are non-cariogenic” .......................................................... 117
ID 1135: “Soya (Glycine max [L.] Merr.)” and “Cholesterol management / heart health” .......................................................... 118
ID 1136: “Table top sweeteners and foods beverages containing intense sweeteners” and “Weight management” .......................................................... 119
ID 1137: “Water soluble tomato concentrate (WSTC)” and “Suppression of blood platelet activity, circulatory and heart health” .......................................................... 121
ID 1138: “Dairy” and “Bone health” ........................................................................................................................................................................................................................................ 121
ID 1140: “Dairy (low fat dairy)” and “Weight loss Fat loss Weight maintenance” ........................................................................................................................................................................ 125
ID 1141: “(Cow’s) Milk And dairy products for which milk is the principle ingredient and no sugar has been added – e.g. yogurt, cheese” and “Dental Health” ........................................................................................................................................................................ 125
ID 1142: “Milk” and “Dental health” ........................................................................................................................................................................................................................................ 125
ID 1143: “Yoghurt cultures (live)” and “Lactose digestion” ........................................................................................................................................................................................................................................ 126
ID 1146: “Food reduced/ low/ free of energy” and “Body weight management” ........................................................................................................................................................................................................................................ 128
ID 1147: “Beverages low / free of energy” and “Body shape management” ........................................................................................................................................................................................................................................ 131
ID 1148: “Food reduced low in/free of sodium/salt and/or increased potassium” and “Blood pressure, heart health” ........................................................................................................................................................................................................................................ 134
ID 1149: “Sugar-free chewing gum” and “Dental health/ Oral health, Gum and tooth protection/strength” ........................................................................................................................................................................................................................................ 134
ID 1150: “Sugar-free chewing gum” and “Plaque acid neutralisation” ........................................................................................................................................................................................................................................ 138
ID 1151: “Sugar-free chewing gum” and “Localised tooth mineralisation (non-systemic)” ........................................................................................................................................................................................................................................ 138
ID 1152: “Sugar-free chewing gum containing polyols” and “Beneficial for weight management” ........................................................................................................................................................................................................................................ 141
ID 1153: “Sugar-free chewing gum with Carbamide” and “Improved plaque acid neutralisation” ........................................................................................................................................................................................................................................ 141
ID 1154: “Sugar-free chewing gum with Fluoride” and “Increases resistance of enamel to acid attacks and rate of remineralisation” ........................................................................................................................................................................................................................................ 142
ID 1155: “Walnuts” and “Well-balanced ratio of n-3 to n-6-fatty acids: Artery and Heart Health Lipid metabolism” ........................................................................................................................................................................................................................................ 143
ID 1156: “Walnuts” and “Heart Health (Cardiovascular Health)” ........................................................................................................................................................................................................................................ 145
ID 1157: “Walnuts” and “Artery Health” ........................................................................................................................................................................................................................................ 147
ID 1158: “Walnuts” and “Lipid Metabolism Heart Health” ........................................................................................................................................................................................................................................ 149
ID 1158: “Walnuts” and “Lipid Metabolism Heart Health” ........................................................................................................................................................................................................................................ 151
ID 1159: “Honey (as defined by The Honey Regulations 2003 (as amended))” and “Antioxidant properties Plus Antimicrobial properties” ........................................................................................................................................................................................................................................ 152
ID 1160: “Honey” and “Digestive health through presence of fructooligosaccharides and antioxidant phytochemicals” ........................................................................................................................................................................................................................................ 154
ID 1161: “Honey, including the antioxidants in honey” and “Respiratory Health through presence of antioxidant phytochemicals.” ........................................................................................................................................................................................................................................ 155
ID 1162: “Pomegranate” and “Cardiovascular health” ........................................................................................................................................................................................................................................ 156
ID 1163: “Punica granatum (Pomegranate)” and “Sexual health in men” ........................................................................................................................................................................................................................................ 157
ID 1164: “Prunes (dried plums)” and “Normal bowel function/normal gastrointestinal function/normal colonic function” ........................................................................................................................................................................................................................................ 158
ID 1165: “Prunes (dried plums)” and “Can aid satiety/ increase sense of satiety due to NSP content and low Glycaemic index” ........................................................................................................................................................................................................................................ 158
ID 1166: “Prune Juice” and “Normal bowel function/normal gastrointestinal function/normal colonic function” ................................................................. 159

ID 1167: “Foods in general, in particular confectionery, soft drinks, water-ice, chocolate-type products, table-top sweeteners and certain foods for a particular nutritional use” and “Foods which under typical conditions of use are neither cariogenic nor erosive, help maintain healthy teeth and are, therefore, toothfriendly” ........................................................................ 159

ID 1168: “Low energy carbohydrate electrolyte drinks” and “Hydration” .................................................................................................................. 160

ID 1169: “Energy drinks containing 0.032% caffeine, 0.4% taurine and 0.24% glucuronolactone” and “Mood and performance” ............................................................................................................. 160

ID 1170: “Acidic water - based, non alcoholic flavoured beverages” and “Dental health - low erosion” .......... 170

ID 1171: “Carbohydrates in pasta products” and “Low blood glucose response. Target group: Whole population” ................................................................................................................................................. 171

ID 1174: “Black rice (Oryza sativa indica), consumed as such, or the bran (pigment fraction) of black rice used as a food ingredient in foods, in particular yoghurts, baked products, food supplements and certain foods for a particular nutritional use” and “heart health vascular health” .................................................................................................................. 171

ID 1175: “Mjölkprotein-koncentrat med högt innehåll av fosfolipider (effektiv komponent fosfatidylerisinen); Milk protein concentrate with a high content of phospholipids. (Effective component: Phosphatidylerine); Lacprodan®PL-20” and “Minsknings av stress Förbättrad minnesfunktion Stress reduction Enhanced memory function” ..................................................................................... 172

ID 1178: “Breads with salt content of <0.7%” and “Cardiovascular system” ......................................................................................................................... 173

ID 1179: “Rye bread” and “Carbohydrate metabolism and insulin sensitivity” ......................................................... 174

ID 1180: “Xylitol-sweetened chewing gum” and “Ears” ................................................................................................................................. 175

ID 1181: “Xylitol-sweetened chewing gum” and “Mouth, teeth” ......................................................................................................................... 175

ID 1182: “Xylitol in candy and bakery industry products and in dairy products” and “Mouth, teeth” ................. 179

ID 1184: “Berries (lingonberry, cloudberry, blueberry, currants, raspberry and strawberry)” and “Cardiovascular system” ............................................................................................................................. 179

ID 1185: “Natural berries/sodium” and “Cardiovascular system” ......................................................................................... 180

ID 1186: “Berries and fruit juices/flavonoids + ascorbic acid” and “Antioxidativity” ...................................................... 180

ID 1187: “Coffee drink/caffeine” and “Mental state and performance” ................................................................. 180

ID 1188: “Coffeea arabica L. and other spp (Coffee)” and “Kidney health” ................................................................. 181

ID 1189: “Nutritional preparation, powdery” and “Weight control” ............................................................................... 181

ID 1190: “Matières grasses solides type margarines” and “Cholestérol sanguin” ............................................................. 181

ID 1191: “Fat free dairy products with reduced sugars or without added sugars” and “Body weight control” .... 182

ID 1193: “Raw or processed food products of animal origin, plus bread and panification products (cow’s, goats’ and ewe’s milk and related products ( milk, cream, butter, cheese, yoghurt, fresh dairy products); hen’s and quail’s eggs; beef’s, veal’s and lamb’s me” and “Quality of dietary lipids and blood lipid profile” ........................................................................................................... 185

ID 1194: “Raw or processed food products of animal origin, plus bread and panification products (cow’s, goats’ and ewe’s milk and related products ( milk, cream, butter, cheese, yoghurt, fresh dairy products); hen’s and quail’s eggs; beef’s, veal’s and lamb’s me” and “Quality of dietary lipids and nutrient (carbohydrates) metabolism” ................................................................................................. 187

ID 1196: “Apple juice” and “Maintenance of cardiovascular system” ........................................................................ 190

ID 1197: “Grape juice” and “Maintenance of cardiovascular system” ........................................................................ 190

ID 1199: “Black Currant juice” and “Urinary tract maintenance (Urinary Calculus)” .................................................... 191

ID 1200: “Black Currant juice” and “Oxidative stress control” ......................................................................................... 192
ID 1201: “Pomegranate juice” and “Oxidative stress control” .......................................................... 192
ID 1202: “Tomato juice” and “Cardiovascular System” ................................................................. 192
ID 1203: “Matière grasse laitière optimisée (beurre)” and “lipides sanguins Cholestérol sanguin” ...... 192
ID 1204: “Phyto-complex based on extracts of mushroom (Shiitake thalle Lentinula edodes), plants (Acerola fruit Malpighia punicifolia, Papaya fruit Carica papaya, Grapefruit fruit Citrus paradisi, Lemon oil Citrus limon), vitamin C, concentrated fruits juices and” and “Immune health” .......................... 193
ID 1205: “Food supplement of plants (meadowsweet, birch, green tea, green coffee, yerba mate), concentrated fruits juices and pectin.” and “Slimming - Silhouette” ........................................................................... 198
ID 1206: “Water” and “Regulation of normal body temperature” ................................................... 200
ID 1207: “Water” and “Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities. Transportation of nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells. Structure of large molecules such as proteins and glycogen. Direct metabolic role represented by hydrolysis.” .................................................... 199
ID 1208: “Water” and “Protection of body tissues and cells from oxidative damage” .................... 200
ID 1209: “Water” and “Protection of body tissues and cells from oxidative damage” .................... 200
ID 1210: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Heart health” ......................... 203
ID 1211: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Protection of body tissues and cells from oxidative damage” ........................................................................................................ 207
ID 1212: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Heart health” .................. 209
ID 1213: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Weight management via fibre” .... 203
ID 1214: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Modulation of glycemic response” ... 206
ID 1215: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Protection of body tissues and cells from oxidative damage” ........................................................................................................ 207
ID 1216: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Protection of body tissues and cells from oxidative damage” ........................................................................................................ 207
ID 1217: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Heart health” .................. 209
ID 1218: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Weight management via fibre” .... 203
ID 1219: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Modulation of glycemic response” .. 210
ID 1220: “Breakfast” and “Mental performance and wellbeing in the morning” ................................. 210
ID 1221: “Table top sweeteners and foods beverages containing intense sweeteners” and “Blood glucose control” .......................................................................................................................... 211
ID 1222: “Camellia sinensis (Common Name: Tea)” and “Mental and cognitive health” .................. 212
ID 1223: “Meat, poultry and Fish” and “Improvement of iron absorption” ........................................ 214
ID 1224: “Drinking milks with reduced lactose content. Preserved milks with reduced lactose content. Milk beverages with at least 80% milk content with reduced lactose content” and “Decrease lactose malabsorption symptoms” .................. 215
ID 1225: “Royal jelly” and “Natural defence/immune system” .......................................................... 219
ID 1226: “Royal jelly” and “Metabolism” .......................................................................................... 220
ID 1227: “Royal jelly” and “Vascular function” .................................................................................. 220
ID 1228: “Royal jelly” and “Glands function” ................................................................................... 220
ID 1229: “Royal jelly” and “Antioxidant properties” .......................................................................... 220
ID 1230: “Royal jelly” and “Skin health” ......................................................................................... 221
ID 1231: “Royal jelly” and “Tonus/vitality” ...................................................................................... 221
ID 1232: “Green coffea (Coffea arabica L.)” and “Detoxification” ....................................................... 222
ID 1233: “Brewer's yeast (Saccharomyces cerevisiae)” and “Hair and nails health” ......................... 222
ID 1234: “Sterols/Stanols” and “Blood cholesterol concentrations” ................................................... 223
ID 1278: “Carbohydrate foods and beverages” and “Attenuation of the perception of effort and reduction in pleasure” ................................................................. 263
ID 1279: “Carbohydrate foods and beverages” and “ENDURANCE. Increased endurance capacity; Increased endurance performance; Delayed Fatigue” ................................................................. 264
ID 1280: “Catechins – Green tea (camellia sinensis)” and “Eye health” ................................................................. 264
ID 1283: “Foods in general, particularly sugar-free chewing gum, candies, chocolate-type products and other confectionery; soft drinks and sports drinks, flavored water and table top sweeteners” and “Dental health” .. 265
ID 1284: “Peanuts, Peanut butter, Peanut oil” and “Helps achieve normal cholesterol levels by reducing blood total and LDL cholesterol and thereby promoting heart health” ................................................................. 266
ID 1285: “Prunes (Dried plums)” and “Contains antioxidants” .............................................................................. 269
ID 1286: “Soy” and “Vascular effects including protection from oxidative damage” ................................................................. 269
ID 1288: “Cranberry (Lingonberry) juice, (Vaccinium vitis idaea, Vaccinium macrocarpon)” and “Urinary tract” .............................................................................. 271
ID 1289: “Beef and beef products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status” .............................................................................. 272
ID 1290: “Chicken and chicken products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status” .............................................................................. 272
ID 1291: “Egg and egg products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status” .............................................................................. 272
ID 1292: “Milk and dairy products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status” .............................................................................. 272
ID 1293: “Pork and related products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status” .............................................................................. 273
ID 1294: “Water-based products (includes tea, coffee, soft drinks, fruit juices, soups etc.)” and “Hydration, eg. body function, physical and cognitive performance. Adds to fluid intake and supports hydration” .............................................................................. 273
ID 1295: “Bilberry fruits (Vaccinium myrtillus fruit)” and “Eye Health” .............................................................................. 274
ID 1297: “Bilberry fruits (Vaccinium myrtillus fruit)” and “Capillary vessels and vein health” .............................................................................. 275
ID 1299: “Oatbran and oatbran products” and “Blood cholesterol level” .............................................................................. 275
ID 1300: “Carbohydrate sources with low glycaemic index (GI <55), e.g. legumes, vegetables, whole grain cereals” and “Blood sugar level, lipid level and body mass” .............................................................................. 277
ID 1301: “Fruits and vegetables” and “Heart and cardiovascular system” .............................................................................. 280
ID 1302: “Extravergin olive oil” and “Blood cholesterol concentrations” .............................................................................. 280
ID 1305: “Nuts” and “Ipertensione” .............................................................................. 284
ID 1306: “Antioxidant from processed fruits and vegetables and juices” and “Antioxidant properties” .............................................................................. 285
ID 1308: “Soy lecithin” and “Control of cholesterol” .............................................................................. 285
ID 1309: “Sugar-free chewing gum containing Pirofosfati - Gomma da masticare senza zucchero con pirofosfati (E450i,ii,iii,iv,v) e tripolifosfati (E451)” and “Contrasta la formazione del tartaro. Salute delle gengive” .............................................................................. 285
ID 1310: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Cardio-vascular health” .............................................................................. 286
ID 1311: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Protection of body tissues and cells from oxidative damage” .............................................................................. 288
ID 1312: “Brassicaceae (Cruciferae) (Common Name: Botanical family that include broccoli, cauliflower, cabbage, Bruxelles sprouts etc.)” and “Antioxidant activity” .............................................................................. 288
ID 1313: “Vegetables of 5 colors” and “General health. Contribution to a healthy and balanced diet” ..........................289
ID 1315: “Chios Mastiha Natural resin. Protected Designation of Origin product. (PDO) (EC)123/1997 (L022/24.1.97)” and “Mastiha Chiou has an antioxidant action. Target Group: Whole population / no restrictions” .................................................................289
ID 1316: “Olive oil and/or olive pomace oil” and “Health of the cardiovascular system, General population”...289
ID 1317: “Food Category: Fish Food: Cultured Sea bass and Gilthead Sea bream Food Component / Nutrient: EPA & DHA Omega 3 Highly Unsaturated fatty acids” and “Cultured Sea bass and Gilthead sea bream are rich in Eicosapentaenoic acid (EPA, C20:5 ω-3) and Docosahexaenoic acid (DHA, C22:6 ω-3) providing more that 1.2 g per 100g of edible muscle (fillet). EPA and DHA are proven to have very important cardio-protective properties reducing the risk from Coronary Heart Disease (CHD) both reducing mortalities among people who have already survived at least one heart attack but also by protecting from heart death in apparently healthy populations.” ........................................................................................................................................291
ID 1318: “Honey” and “Antibacterial and antifungal properties . Target Group: For children and adults older than three years old . Excluded Group: Nobody (only person who are allergic)” .................................................................................................................................292
ID 1319: “Pomegranate Juice - phenolic compounds (anthocyanins, tannines, ellagic acid)” and “Antioxidant activity. Target group: humans of all ages. Excluded group: due to inadequate data, pregnant women, nursing women, patients over antidepressant medicines (Mirtazapine), antipsychotic medicines (Risperidone, Ketiapine), statines medicines (Simvastatine, atorvastatine), antihypertensive medicines should take doctor’s advice (relative contra-indication)” ........................................................................................................................................293
ID 1320: “Pomegranate Juice - phenolic compounds (anthocyanins, tannines, ellagic acid)” and “Fights factors which cause atherosclerosis Target group: humans of high risk of vessel atheromatoses. Excluded group: due to inadequate data, pregnant women, nursing women, patients over antidepressant medicines (Mirtazapine), antipsychotic medicines (Risperidone, Ketiapine), statines medicines (Simvastatine, atorvastatine), antihypertensive medicines should take doctor’s advice (relative contra-indication).” ..............................................................................................................294
ID 1321: “Honey” and “Antioxidant properties” .............................................................................................................294
ID 1323: “Poisson sauvage” and “Système nerveux. Réduction des risques liés au développement de la maladie d’Alzheimer” ............................................................................................................................................294
ID 1324: “Poisson sauvage” and “Système circulatorio. Source d'oméga 3, hypotenseur réduit les risques de maladie, coronarienne, anti-arthérosclérose, diminue les triglycérides, hypolipidémiant” .........................................................295
ID 1325: “Saumon” and “Système circulatorio. Source d'oméga 3, diminue les triglycérides, hypolipidémiant” ..........................................................................................................................................................295
ID 1326: “Gelée Royale” and “Anti-asthénique. Immunostimulant”.................................................................................................295
ID 1327: “Gelée Royale” and “Anti-inflammatoire” .........................................................................................................................................................295
ID 1328: “Gelée Royale” and “Ménopause. Effet oestrogénique” ..........................................................................................................................295
ID 1329: “Gelée Royale” and “Hypolipidémiant”.................................................................................................................................296
ID 1330: “Vitalinea fermented dairy products (low fat/reduced or no-added sugars) enriched with protein, enriched with guar gum” and “appetite” .........................................................................................................................296
ID 1331: “Water” and “Hydration” ...............................................................................................................................................303
ID 1332: “Olive Oil” and “Improves blood lipid profile” .........................................................................................................................303
ID 1333: “Olive Oil” and “reduces oxidative stress.” ...........................................................................................................................................306
ID 1334: “Standardized grape seed extract [dry extract from grape seeds of vitis viniferaL. (Vitaceae), solvent of extraction acetone/water 8.5-13.0% proanthocyanidins]” and “antioxidant protection system” ........................................................................................................................................306
ID 1338: “Juice Plus+® (juice concentrate from fruits and vegetables mixtures)” and “Protection of body tissues and cells from oxidative damage” .............................................................................................................307
ID 1339: “Dairy with decrease/absence of lactose” and “Lactose intolerance” ..........................................................................................................................307
ID 1340: “Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)” and “Improves renal function” ........................................................................................................................................309
ID 1341: “Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)” and “Improves hepatic functions” ................................................................. 310
ID 1342: “Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)” and “Improves mechanical activity of gall- bladder” ................................................................. 310
ID 1347: “Laminaria (Brown seaweed)” and “Purification” ......................................................................................................................... 310
ID 1349: “Name of Food product: Toasted Sunflower Mix. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Contains antioxidants & promotes healthy skin. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” ................................. 311
ID 1351: “Name of Food product: Club Energise Energy / Energise Energy. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Energy for longer Provide sustained energy rather than a quick burst followed by a slump. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over” ........................................................................................................ 311
ID 1352: “Name of Food product: Squeez Wild Blueberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Anti aging properties. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” .................................................. 311
ID 1354: “Name of Food product: Club Energise Sport (Orange, Blackcurrant, Lemon) / Energise Sport (Orange, Blackcurrant, lemon). Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Aids recovery by reducing muscle damage during exercise. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over” .................................................................................................................. 312
ID 1357: “Name of Food product: Lentil & Bean Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Naturally boost your digestive system. Do benefits relate to a disease risk factor: Yes. Target group: All of the general population including children and adults” .................................................. 312
ID 1358: “Name of Food product: Club Energise Sport / Energise Sport (Orange, Blackcurrant, Lemon). Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Ensures better concentration. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over” ........................................................................................................ 312
ID 1360: “Name of Food product: Dairygold Omega-3 Spread. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Dairygold Omega-3 spread contain omega-3 fatty acids (EPA & DHA) which may have a beneficial role to play in the functioning of the brain and can help maintain a healthy heart. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” ............................. 312
ID 1361: “Name of Food product: Alfalfa Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Naturally good for your heart. Do benefits relate to a disease risk factor: Yes. Target group: All of the general population including children and adults” ...................................................................................................................... 313
ID 1362: “Name of Food product: Brocco Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Naturally boosts your immune system. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” ........................................................................................................... 313
ID 1365: “Name of Food product: Squeez Cranberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Cranberries may be powerful protectors of our gums. Do
ID 1367: “Name of Food product: Olive Biophenols. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: A potent source of antioxidant biophenols for strengthening and balancing of the immune system from free radicals. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” .................................................................................................................................................................................. 314

ID 1368: “Name of Food product: Squez Cranberry and Orange Juice Drink, Squez Light Cranberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: More recently, emerging research suggests that cranberries may also be powerful protectors of the stomach. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” .................................................................................................................................................................................. 315

ID 1369: “Name of Food product: Squez Wild Blueberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Maintenance of urinary tract. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” .................................................................................................................................................................................. 315

ID 1370: “Name of Food product: Squez Wild Blueberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Vision health. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” .................................................................................................................................................................................. 316

ID 1371: “Name of Food product: Cheese. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Ingestion of cheese containing probiotic culture Lb. paracasei NFBC 338 positively influences the healthy balance of the gut microflora. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” .................................................................................................................................................................................. 316

ID 1372: “Name of Food product: Chocolate. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Cocoa in chocolate may be a major dietary source of antioxidants. Cocoa flavanols show antioxidative effects and help protect the cells against oxidative stress & help protect from radicals. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over” .................................................................................................................................................................................. 317

ID 1373: “Name of Food product: Liquid Milk. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: contains Vitamin A which contributes to good eyesight/normal vision. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over” .................................................................................................................................................................................. 317

ID 1374: “Name of Food product: fermented dairy products. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Enhances natural resistance. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over” .................................................................................................................................................................................. 317

ID 1376: “Name of Food product: fermented dairy products. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Healthy Digestion. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over” .................................................................................................................................................................................. 318

ID 1377: “Apple cider vinegar” and “Digestive health and bowel function” .................................................................................................................................................................................................................................................................................................................................................................................. 322

ID 1378: “Apple cider vinegar” and “Purification” .................................................................................................................................................................................................................................................................................................................................................................................. 323

ID 1379: “Apple cider vinegar” and “Skin health” .................................................................................................................................................................................................................................................................................................................................................................................. 323

ID 1380: “Apple cider vinegar” and “Weight management” .................................................................................................................................................................................................................................................................................................................................................................................. 323

ID 1381: “Brewer’s Yeast” and “Energy metabolism” .................................................................................................................................................................................................................................................................................................................................................................................. 324

ID 1382: “Brewer’s Yeast” and “Cardiovascular health” .................................................................................................................................................................................................................................................................................................................................................................................. 324
ID 1383: “Brewer’s Yeast” and “Nervous system function” ................................................................. 324
ID 1384: “Brewer’s Yeast” and “Immune system function” ............................................................... 324
ID 1385: “Brewer’s Yeast” and “Skin health” .................................................................................. 325
ID 1386: “Wheat germ oil” and “Cardiovascular system” ................................................................. 325
ID 1387: “Wheat germ oil” and “Nervous system” ........................................................................... 325
ID 1388: “Wheat germ oil” and “Digestive system” .......................................................................... 325
ID 1389: “Wheat germ oil” and “Metabolism” .................................................................................. 325
ID 1390: “Wheat germ oil” and “Skin health” .................................................................................. 326
ID 1391: “Wheat germ oil” and “Immune system” .......................................................................... 326
ID 1392: “Wheat germ oil” and “Fertility” ....................................................................................... 326
ID 1393: “Wheat germ oil” and “Antioxidant properties” ................................................................. 326
ID 1394: “Wheat germ oil” and “Mental health” .............................................................................. 326
ID 1395: “Wheat germ oil” and “Menstrual health” .......................................................................... 326
ID 1396: “Name of Food product: Club Energise Sport Recovery 20 / Energise Sport recovery 20 mixed berry”. Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes and “Health benefits of food: Recover Faster for Better Sports Performance. High protein drink. Carbohydrate and Protein recovery drink. Do benefits relate to a disease risk factor: No, Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Not suitable for children under 16 years of age or pregnant women. Reasons for excluding these groups: Targeted for specific group - sports people. Should be used in conjunction with an appropriate physical training or exercise program. Should be consumed with a nutritious diet.” ........................................................................... 327
ID 1398: “Milch” and “Beitrag zum Muskelaufbau” ......................................................................... 327
ID 1399: “Stutenmilch, naturbelassen” and “Stutenmilch fördert die Entwicklung der Bifidusflora im Darm, und stimuliert das Immunsystem. Wirksame Inhaltsstoffe sind u.a. Lactoferrin, Lysozym, Immunglobuline (sIgA, sIgM), weitere Enzyme (Amylase, Katalase, Lipase, Peroxydase, Phosphatase, Malat- u”) ................................................................................................................................. 328
ID 1401: “Mineralwasser/Kohlensäure” and “Verdaunung/Magen-Darm-funktion (Anregung)” ....... 328
ID 1402: “Mineralwasser/ Hydrogencarbonat (Bicarbonat)” and “Knochen” ................................... 328
ID 1403: “Mineralwasser/Hydrogencarbonat (Bicarbonat)” and “Muskeln/Leistungs-Steigerung” ... 329
ID 1404: “Mineralwasser/Natrium-Hydrogencarbonat” and “Blutdrucksenkung” ......................... 329
ID 1405: “Mineralwasser/Kieselsäure (Silizium)” and “Festigkeit des Bindegewebes/Zellgewebes” ... 329
ID 1406: “Natürliches Mineralwasser” and “Hautgesundheit” .......................................................... 329
ID 1407: “Nüsse - Erdnüsse, Haselnüsse, Pekannüsse, Walnüsse und Pistazien.; KEINE Paranüsse, Macadamianüsse und Cashewkerne” and “Gewichtsmanagement durch Sättigung (durch Proteine und Ballaststoffe)” ......................................................................................................................... 330
ID 1408: “Rapsöl (einfach ungesättigte Fettsäuren)” and “Einfach ungesättigte Fettsäuren senken im Austausch gegen gesättigte Fettsäuren das Gesamt- und LDL-Cholesterin signifikant. Der LDL/HDL-Quotient sinkt bei einer monoensäurereichen Kost signifikant. Einfach ungesättigte Fettsäuren und Omega-6-Fettsäuren g” ................................................................................................................................. 330
ID 1409: “Sauerkraut Saft (milchsauer vergorener Weißkohl (Brassica oleracea var. capitata)” and “D/L-Milchsäure - L(+)-Milchsäure regt die Darmperistaltik an” ................................................................................................................................. 331
ID 1410: “Very low calorie diet (VLCD) Programme” and “1) Safe and effective weight loss 2) long term weight maintenance” ................................................................................................................................. 331
ID 1411: “Very low calorie diet (VLCD) Programme” and “Reduced hunger” ................................. 334
ID 1412: “Very low calorie diet (VLCD) Programme” and “Burning fat for energy, preserving lean tissue” .......................... 336
ID 1414: “Very low calorie diet (VLCD) Programme” and “Low glycaemic index” ................................................................. 337
ID 1415: “Rich in dietary fibre” and “Bowel health and function” ................................................................................................. 338
ID 1416: “Rich in dietary fibre” and “Weight management” ........................................................................................................... 341
ID 1417: “Meal replacement for weight control (as defined in Directive 96/8/EC energy restricted diets for weight reduction)” and “Safe, effective & healthy weight loss. Greater weight loss than with conventional calorie counting” ........................................................................... 341
ID 1418: “Meal replacement for weight control (as defined in Directive 96/8/EC energy restricted diets for weight reduction)” and “Maintenance of weight loss” ...................................................................................... 343
ID 1419: “Calcium” and “Cardiovascular system” ....................................................................................................................... 343
ID 1420: “Low sodium/ salt and/or increased potassium” and “Heart health” ............................................................................. 344
ID 1421: “Very low calorie diet (VLCD) Programme” and “VLCD/low carbohydrate diets helps to the maintenance of normal blood lipid profile” ................................................................................................................. 344
ID 1422: “Mediterranean diet” and “Related to cardiovascular health” ......................................................................................... 345
ID 1423: “Fruit-rich diet” and “Heart health” ............................................................................................................................... 346
ID 1424: “Fruit-rich diet” and “Weight management via fibre” ........................................................................................................ 346
ID 1425: “Fruit-rich diet” and “Modulation of glycemic response” .............................................................................................. 346
ID 1426: “Vegetable-rich diet” and “Heart health” ....................................................................................................................... 346
ID 1427: “Vegetable-rich diet” and “Weight management via fibre” .............................................................................................. 346
ID 1428: “Vegetable-rich diet” and “Modulation of glycemic response” ...................................................................................... 346
ID 1429: “Diet rich in whole grain” and “Heart health” .................................................................................................................. 346
ID 1430: “Diet rich in whole grain” and “Moderation of glycemic response” ............................................................................ 346
ID 1431: “Diet rich in whole grain” and “Heart health” .................................................................................................................. 346
ID 1432: “Acetyl-L-carnitine” and “Neurological support” ............................................................................................................. 347
ID 1433: “a-Lactalbumin” and “Functions in neurotransmitter formation” .................................................................................. 347
ID 1434: “Alpha-lipoic-acid” and “Antioxidant properties” ........................................................................................................... 348
ID 1435: “Alpha-lipoic-acid” and “Metabolism of carbohydrates” ............................................................................................... 350
ID 1436: “Amylopectin” and “Carbohydrate metabolism” .............................................................................................................. 351
ID 1437: “Amylopectin and L-carnitine” and “Carbohydrate and lipid metabolism” ................................................................. 351
ID 1438: “Antioxidant from processed fruits and vegetables and juices” and “Antioxidant properties” ...................................... 352
ID 1439: “Antioxidants” and “Heart health” ............................................................................................................................... 354
ID 1440: “Antioxidant substance” and “Protects against damage caused by free radicals and other reactive oxygen species” ................................................................................................................................. 354
ID 1441: “Arabinogalactan (extract from larch tree)” and “Intestinal health” .............................................................................. 356
ID 1442: “Arginine” and “Vascular health; blood circulation” ......................................................................................................... 357
ID 1443: “Aspartame sucrose substitute” and “Weight control, including weight loss” .............................................................. 359
ID 1444: “Anthocyanins” and “Antioxidant” ............................................................................................................................... 360
ID 1445: “Apple vinegar drink” and “Helps maintain vascular health” .......................................................................................... 361
ID 1446: “Astaxanthin from Haematococcus pluvialis” and “Beneficial for eye health” ................................................................. 361
ID 1447: “Astaxanthin from Haematococcus pluvialis” and “Supports a healthy oxidative balance” ........................................ 361
ID 1448: “Astaxanthin from Haematococcus pluvialis” and “Supports a healthy cardiovascular system.” .............................. 362
ID 1449: “Bacterial lysate” and “Immune health” ......................................................................................................................... 362
ID 1452: “Beta-alanine” and “Physical performance” .......................................................... 363
ID 1453: “Beta-alanine” and “Beta-alanine improves exercise performance” ......................... 364
ID 1454: “Beta-alanine” and “Beta-alanine improves cycling performance” ........................ 364
ID 1455: “Beta-alanine” and “Beta-alanine reduces muscle fatigue” ................................... 365
ID 1456: “Beta-alanine” and “Beta-alanine improves muscle work capacity” ....................... 365
ID 1457: “Beta-alanine” and “Beta-alanine increases muscle carnosine stores” .................. 365
ID 1458: “Beta-alanine” and “Beta-alanine increases carnosine stores in fast twitch muscle fibres” .......................... 366
ID 1459: “Beta-alanine” and “Beta-alanine increases muscle buffering capacity” ............... 366
ID 1460: “Beta-Carotene” and “Antioxidant properties/Protection of DNA” .......................... 366
ID 1461: “Beta-Carotene” and “Skin aging/Skin health” ................................................... 370
ID 1462: “Beta-Carotene” and “Immune health” .................................................................. 372
ID 1463: “Beta-Carotene” and “Immune health in relation to UV-radiation” ......................... 374
ID 1464: “Beta carotene in combination with vitamin E and vitamin C” and “Eye health and vision” .......................... 375
ID 1465: “Beta-glucans” and “Blood lipid profile” .............................................................. 380
ID 1466: “Beta sitosterol” and “Cholesterol” ...................................................................... 384
ID 1467: “Beta sitosterol” and “Kidney and prostate health” .............................................. 387
ID 1468: “Betalains” and “Antioxidant properties” .............................................................. 387
ID 1469: “Bifidobacterium (BB12) fortified cultured milk (Hodzeko-Amasi)” and “Natural immune function” .......................... 389
ID 1470: “Bioflavonoids” and “Vein health” ............................................................... 389
ID 1471: “Bioflavonoids from citrus” and “Vascular health” ............................................. 389
ID 1472: “Bovine colostrum” and “Immune health/source of immunoglobulins” .................. 390
ID 1473: “Bovine colostrum” and “Supports immune function during periods of intense physical exercise” ..... 392
ID 1474: “Bovine colostrum” and “Supports an improvement in exercise performance when combined with regular training” .......................... 392
ID 1475: “Bovine colostrum” and “Supports an increase in lean body mass when combined with resistance exercise” .......................... 393
ID 1476: “Bovine colostrum” and “Supports recovery following intense exercise” ............. 393
ID 1477: “Bovine lactoferrin” and “Antimicrobial / antiviral / innate host defense” ............ 394
ID 1478: “Branched chain amino acids (Leucine, Isoleucine, valine)” and “Muscle metabolism” ............................................ 396
ID 1479: “Bromelain” and “Immune health” ................................................................. 398
ID 1480: “Bromelain” and “Vascular health” .................................................................... 401
ID 1481: “Broccoli Sprout Powder” and “Antioxidant properties” ...................................... 404
ID 1482: “Buckwheat extract containing flavonoid-mineral (troxorutin - zinc) complex (Coldizin)” and “Immune system function” .......................... 405
ID 1483: “C12-peonit” and “Vascular health” ................................................................. 405
ID 1484: “Caffeine” and “Fat metabolism/Energy expenditure” ........................................ 407
ID 1485: “Caffeine (from tea/coffee/chocolate or added in pure form)” and “Cognitive and mental performance” .......................... 409
ID 1486: “Caffeine (from tea/coffee/chocolate or added in pure form)” and “Physical Performance (short term and endurance activities)” .......................... 415
ID 1487: “Caffeine” and “Supports resting metabolic rate and thermogenesis” ......................................................... 418
ID 1488: “Caffeine” and “Supports exercise performance (reduction in perceived exertion, improve time to exhaustion and exercise capacity)” ................................................................. 419
ID 1489: “Caffeine” and “Endurance during short term high intensity exercise” ..................................................... 422
ID 1490: “Caffeine (with or without carbohydrate)” and “Reduces perception of effort” ........................................ 423
ID 1491: “Caffeine (with or without carbohydrate)” and “Enhances mental alertness during intense muscular activity.” .............................................................................................................. 423
ID 1492: “Carnitine” and “Fat metabolism” ........................................................................................................... 424
ID 1493: “Carnitine” and “Muscle metabolism / Recovery after exercise” ............................................................ 426
ID 1494: “Carnitine” and “Heart health” .............................................................................................................. 428
ID 1495: “Carnitine” and “Pregnancy” .................................................................................................................. 431
ID 1496: “Carotenoids from fruits and vegetables juices” and “Antioxidant properties” ..................................... 431
ID 1497: “Casein protein hydrolysate” and “Physical performance” ................................................................. 434
ID 1498: “Casein” and “Absorption rate and muscle accretion” ........................................................................... 435
ID 1499: “Chitosan” and “Weight Management” ................................................................................................. 435
ID 1501: “Acerola” and “Antioxidant activity” ....................................................................................................... 437
ID 1502: “Choline” and “Cognitive, memory functioning Neurological functioning” ........................................ 438
ID 1503: “Choline” and “Development” ............................................................................................................. 441
ID 1504: “Chondroitin” and “Joint Health” ........................................................................................................... 442
ID 1505: “Chondroitin Sulphate” and “Joint Health and Mobility” ...................................................................... 445
ID 1506: “Cocoa flavanols” and “Antioxidative properties” ................................................................................ 446
ID 1507: “Cocoa flavanols” and “Vascular health” ................................................................................................. 449
ID 1508: “Coenzyme Q10 (Ubiquinone)” and “Energy metabolism” ................................................................ 453
ID 1509: “Coenzyme Q10 (Ubiquinone)” and “Heart health” ................................................................................ 455
ID 1510: “Coenzyme Q10 (Ubiquinone)” and “Antioxidant properties, Normal antioxidant activity” ............... 458
ID 1511: “Coenzyme Q10” and “Protection of healthy neurological system” ....................................................... 461
ID 1512: “Q10 (Coenzyme Q, Ubiquinione)” and “Ubiquinione takes part in electron-transferring in the respiratory chain” .............................................................................................................. 461
ID 1513: “Collagen hydrolysate” and “Joint health” ............................................................................................ 463
ID 1514: “Combination of millet extract + L-cystine + vitamin B5 (calcium panthenolate)” and “Support of hair growth” ........................................................................................................ 465
ID 1515: “Combination of B vitamins (Riboflavin (B2), Niacin, Pyridoxine (B6), vitamin B12, Biotin, Pantothenic Acid, Folic Acid), vitamin C, calcium, magnesium and zinc” and “Sustained mental performance” ........................................................................................................... 466
ID 1516: “Conjugated linoleic acid (CLA)” and “Weight management” .............................................................. 466
ID 1517: “Conjugated linoleic acid (CLA)” and “Insulin sensitivity” ................................................................. 468
ID 1518: “Conjugated linoleic acid (CLA)” and “Body Weight management” ..................................................... 468
1519: “Conjugated linoleic acid (CLA)” and “Immune health” .............................................................................. 470
ID 1520: “Creatine” and “Energy metabolism” ..................................................................................................... 470
ID 1521: “Creatine” and “Muscular effort” ........................................................................................................... 473
ID 1522: “Creatine” and “Muscular effort / Recovery” ......................................................................................... 474
ID 1523: “Creatine” and “Bodily Constitution” .................................................................475
ID 1524: “Creatine” and “Cognitive performance” ..........................................................475
ID 1525: “Creatine” and “Increasing Strength” .................................................................476
ID 1526: “Creatine” and “Increasing Mass” .................................................................479
ID 1527: “Creatine” and “Increasing Workout Capacity” ..................................................480
ID 1528: “Creatine” and “Brain / Memory / Older people / Parents” .................................480
ID 1529: “Cystein rich protein hydrolysates” and “Glutathione metabolism” .......................480
ID 1530: “"2 - Dimethylaminoethanol hydrogentartrate” and “For mental energy” ........................482
ID 1531: “EAS Creatine (EAS Phosphagen)” and “Increasing Strength” ..........................482
ID 1532: “EAS Creatine (EAS Phosphagen)” and “Increasing Mass” ............................482
ID 1533: “EAS Creatine (EAS Phosphagen)” and “Increasing Lifting Volume and Performance” .................................................................483
ID 1534: “EAS Creatine (EAS Phosphagen)” and “Increasing Power” ..............................483
ID 1535: “EAS Creatine (EAS Phosphagen)” and “Increasing Work Capacity” .................484
ID 1536: “EAS Phosphagen Elite and “Increasing Strength” ...........................................484
ID 1537: “EAS Phosphagen Elite” and “Increasing Work Capacity” ....................................484
ID 1538: “EAS Phosphagen Elite” and “Enhancing Training Volume & Intensity” ..............485
ID 1539: “EAS Phosphagen Elite” and “Increasing Exercise Thresholds” .................................485
ID 1540: “EAS Phosphagen HP” and “Increasing Strength” ............................................485
ID 1541: “EAS Phosphagen HP” and “Increasing Mass” ..................................................485
ID 1542: “EAS Phosphagen HP” and “Increasing Lifting Volume and Performance” ..............485
ID 1543: “EAS Phosphagen HP” and “Enhancing Anaerobic Working Capacity” ..................485
ID 1544: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Weight management” .................................................................486
ID 1545: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Blood glucose levels” .................................................................487
ID 1546: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Cardio-vascular health” .................................................................489
ID 1547: “Ester-C” and “Antioxidant properties/Immune health” ..........................................491
ID 1552: “Evening primrose oil and fish oil” and “Bone health” ...........................................492
ID 1553: “Formulated palm and oat oil emulsion” and “Weight management” ......................492
ID 1554: “Gamma Linolenic acid (GLA) from Evening primrose Oil” and “Skin health” .................493
ID 1555: “Glisodin” and “Prevents lactic acid build up, allowing sports people to improve performance” .................................................................494
ID 1556: “Glucomanan” and “Weight management” .................................................................495
ID 1557: “Glucomannan (Konjac)” and “Bowel / colonic function” .......................................496
ID 1558: “Glucomannan (Konjac)” and “Prebiotic action / Bifidogenic action” .......................496
ID 1559: “Glucomannan (Konjac)” and “Reduction of glycemic response” .............................497
ID 1560: “Glucomannan (Konjac)” and “Cholesterol level” ..............................................498
ID 1561: “Glucosamine” and “Joint health” ......................................................................498
ID 1562: “Glucosamine” and “Joint health, especially knees” ...........................................501
ID 1563: “Glucosamine (Glucosamine HCl or Glucosamine sulphate)” and “Joint health” ..............502
ID 1564: “Glucosamine (Glucosamine HCl or Glucosamine sulphate) and Chondroitin sulphate” and “Joint health” ................................................................. 503
ID 1565: “Glucosamine hydrochloride” and “Joint Health” .......................................................................................................................... 503
ID 1566: “Glucosinolates” and “Immune health” .......................................................................................................................... 505
ID 1568: “Glutamine” and “Immune health” ........................................................................................................................................... 508
ID 1569: “Glutamine” and “Muscle function” ........................................................................................................................................... 511
ID 1570: “Glutamine” and “Mental health” ........................................................................................................................................... 514
ID 1571: “Green Lipped Mussel Extract. A freeze dried powder extract of New Zealand Green Lipped Mussel Perna canaliculus” and “Joint health” .......................................................................................................................... 515
ID 1572: “Hyaluronic Acid” and “Joint Health” ........................................................................................................................................... 516
ID 1574: “Hypotonic” and “Ergogenic role in sports and exercise” ................................................................................................................. 516
ID 1575: “5-HTP” and “Mood enhancement” ........................................................................................................................................... 517
ID 1576: “HMB (B-hydroxy B-methylbutyrate monohydrate)” and “Support exercise recovery” ......................................................................................... 517
ID 1577: “HMB (B-hydroxy B-methylbutyrate monohydrate)” and “Minimize muscle protein breakdown” ........................................................................... 519
ID 1578: “HMB (B-hydroxy B-methylbutyrate monohydrate)” and “Increasing strength” ........................................................................................................ 520
ID 1579: “HMB (B-hydroxy B-methylbutyrate monohydrate)” and “Increasing Mass” ........................................................................................................ 522
ID 1580: “HMB (B-hydroxy B-methylbutyrate monohydrate)” and “Increasing exercise lactate threshold and VO2 peak” ................................................................................................. 522
ID 1581: “HMB” and “HMB and aerobic metabolism” .......................................................................................................................... 524
ID 1582: “HMB” and “lean body mass” ........................................................................................................................................... 524
ID 1583: “HMB” and “HMB and training adaptations” .......................................................................................................................... 525
ID 1584: “HMB and HMB/KIC combinations” and “exercise induced muscle breakdown” ........................................................................................................ 525
ID 1585: “HMB and HMB/KIC combinations” and “muscle recovery after training” ........................................................................................................ 525
ID 1586: “HMB and HMB/KIC combinations” and “normal muscle repair” .................................................................................................................. 526
ID 1587: “HMB and HMB/KIC combinations” and “changes in muscle strength during training” ........................................................................................................ 526
ID 1588: “Inositol (Common Names: Inositol, myo-inositol)” and “Cognitive and mental performance” ................................................................................................. 526
ID 1589: “Iron-Micronised microencapsulated ferric pyrophosphate” and “Blood, haemoglobin and energy production” ........................................................................................................ 528
ID 1590: “Isomalt” and “Low glycemic properties” ........................................................................................................................................... 528
ID 1591: “Isomalt” and “Dental health – General” ........................................................................................................................................... 529
ID 1593: “Isotonic” and “Ergogenic role in sports and exercise” ........................................................................................................................................... 530
ID 1594: “Lacprodan CGMP-10 (active ingredient: Sialic acid)” and “Plays a role in development of the brain” .......................................................................................................................... 531
ID 1595: “Lactic acid bacteria/ Enterococcus faecium” and “Intestinal health” .......................................................................................................................... 532
ID 1596: “Lecithin” and “For metabolism of nervous system” ........................................................................................................................................... 532
ID 1597: “Lecithin” and “For fat metabolism” ........................................................................................................................................... 533
ID 1598: “L-theanine” and “Relaxation” ........................................................................................................................................... 533
ID 1599: “L-theanine” and “Menstrual health” ........................................................................................................................................... 534
ID 1600: “L-theanine” and “Cognitive function” ........................................................................................................................................... 535
ID 1601: “L-theanine” and “Neurological functions” ........................................................................................................................................... 535
<table>
<thead>
<tr>
<th>ID</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1602</td>
<td>“L-glutamine” and “Intestinal Health”</td>
<td>536</td>
</tr>
<tr>
<td>1603</td>
<td>“Lutein (Marigold Extract)” and “Required for Macular Pigmentation in the eyes which helps maintenance of healthy eye functions”</td>
<td>536</td>
</tr>
<tr>
<td>1604</td>
<td>“Lutein” and “Eye health”</td>
<td>538</td>
</tr>
<tr>
<td>1605</td>
<td>“Lutein” and “Skin health”</td>
<td>550</td>
</tr>
<tr>
<td>1606</td>
<td>“Lutein/zeaxanthin” and “Natural macular pigment (yellow spot of eye)”</td>
<td>552</td>
</tr>
<tr>
<td>1607</td>
<td>“Lycopene” and “Skin health”</td>
<td>552</td>
</tr>
<tr>
<td>1608</td>
<td>“Lycopene” and “Antioxidant properties”</td>
<td>553</td>
</tr>
<tr>
<td>1609</td>
<td>“Lycopene” and “Prostate health”</td>
<td>555</td>
</tr>
<tr>
<td>1610</td>
<td>“Lycopene” and “Heart health”</td>
<td>559</td>
</tr>
<tr>
<td>1611</td>
<td>“Lycopenes from tomato juices” and “Antioxidant properties”</td>
<td>560</td>
</tr>
<tr>
<td>1612</td>
<td>“Lysine” and “Body tissues”</td>
<td>565</td>
</tr>
<tr>
<td>1613</td>
<td>“Malic acid” and “Muscles/energy”</td>
<td>565</td>
</tr>
<tr>
<td>1614</td>
<td>“Medium Chain Triglycerides (MCT)” and “Weight management”</td>
<td>566</td>
</tr>
<tr>
<td>1615</td>
<td>“Methionine” and “Lipid metabolism”</td>
<td>569</td>
</tr>
<tr>
<td>1616</td>
<td>“Methylsulfonylmethane (MSM)” and “Joint support”</td>
<td>570</td>
</tr>
<tr>
<td>1617</td>
<td>“Methylsulfonylmethane (MSM) in combination with glucosamine HCl” and “Joint support - synergistic effect”</td>
<td>570</td>
</tr>
<tr>
<td>1618</td>
<td>“Moderated sodium carbohydrate-electrolyte drinks” and “Hydration”</td>
<td>571</td>
</tr>
<tr>
<td>1619</td>
<td>“Mycoprotein” and “Cholesterol maintenance”</td>
<td>572</td>
</tr>
<tr>
<td>1620</td>
<td>“Mycoprotein” and “Reduction in calorie content due to increased satiety”</td>
<td>572</td>
</tr>
<tr>
<td>1621</td>
<td>“Natural Palm Oil Carotenes” and “Antioxidant properties/protection of DNA”</td>
<td>572</td>
</tr>
<tr>
<td>1622</td>
<td>“Natural Palm Oil Carotenes” and “Health during pregnancy/Bioavailability”</td>
<td>573</td>
</tr>
<tr>
<td>1623</td>
<td>“Nucleotides” and “Immune health”</td>
<td>573</td>
</tr>
<tr>
<td>1624</td>
<td>“Nucleotides” and “Immune system/exercise stress”</td>
<td>575</td>
</tr>
<tr>
<td>1625</td>
<td>“Nucleotides” and “Gastro-intestinal support”</td>
<td>575</td>
</tr>
<tr>
<td>1626</td>
<td>“Nucleotides” and “General wellbeing / immunity / digestive health”</td>
<td>576</td>
</tr>
<tr>
<td>1627</td>
<td>“Omega-3 fatty acids (Hi-EPA) with Glucosamine” and “Joint health”</td>
<td>577</td>
</tr>
<tr>
<td>1628</td>
<td>“Papain” and “Immune health”</td>
<td>577</td>
</tr>
<tr>
<td>1629</td>
<td>“Phenylalanine” and “Mental health”</td>
<td>578</td>
</tr>
<tr>
<td>1630</td>
<td>“Phosphatidyl choline / lecithin” and “Cholesterol / Heart health”</td>
<td>580</td>
</tr>
<tr>
<td>1631</td>
<td>“Phosphatidyl choline / lecithin” and “Cognitive function”</td>
<td>582</td>
</tr>
<tr>
<td>1632</td>
<td>“Phosphatidyl serine” and “Mental health / Cognitive function”</td>
<td>586</td>
</tr>
<tr>
<td>1633</td>
<td>“Phospholipids (Phosphatidyl choline, Phosphatidyl ethanolamine, Phosphatidyl inositol, Lysophosphatidyl cholin)” and “Liver health”</td>
<td>590</td>
</tr>
<tr>
<td>1634</td>
<td>“Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)” and “Cholesterol metabolism”</td>
<td>591</td>
</tr>
<tr>
<td>1635</td>
<td>“Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)” and “Prostate health”</td>
<td>593</td>
</tr>
<tr>
<td>1636</td>
<td>“Polyphenols from processed fruits and vegetables and juices” and “Antioxidant properties”</td>
<td>593</td>
</tr>
</tbody>
</table>
ID 1627: “Polyphenols (general and from grape, olive and cacao in particular)” and “Antioxidant properties” .......................................................... 596
ID 1628: “Polyphenols from olive (olive fruit, olive mild waste waters or olive oil)” and “Antioxidant properties” .................................................................................................................. 604
ID 1629: “Polyphenols from olive (olive fruit, olive mild waste waters or olive oil)” and “Lipid metabolism” ......................................................... 606
ID 1630: “Polyphenols from red wine” and “Antioxidant properties” .................................................................................................................. 607
ID 1631: “Polyphenols derived from red wine” and “Lipid metabolism” .................................................................................................................. 613
ID 1632: “Polyphenols derived from red wine” and “Vascular functions” .................................................................................................................. 616
ID 1633: “Polyphenols from tea” and “Antioxidant properties / Heart health” ........................................................................................................ 618
ID 1634: “Propolis” and “Immune Support Propolis helps to protect cells from free radical damage and helps maintain a healthy immune system through action of high levels of antioxidant bioflavonoids.” .................................................................................................................................................. 622
ID 1635: “Propolis” and “Maintain oral health through the presence of high levels of antioxidant bioflavonoids” .................................................................................................................................................. 627
ID 1636: “Protein hydrolysate” and “Insulin secretion and blood sugar levels” ........................................................................................................ 629
ID 1637: “Quercetin” and “Antioxidant properties” .................................................................................................................................................. 631
ID 1638: “Red yeast rice (Monascus Purpureus / Ang-Khak)” and “Cholesterol” .......................................................................................................... 634
ID 1639: “Rutoside” and “For circulatory system” .................................................................................................................................................. 635
ID 1640: “Rye Grass Pollen” and “Maintenance of normal urinary function” ........................................................................................................ 635
ID 1641: “Silica / Silicious earth” and “Essential part of the connective tissues, skin and hair” .................................................................................. 635
ID 1642: “Sodium bicarbonate” and “Supports an optimal pH environment in the stomach” .................................................................................. 637
ID 1643: “Soy Isoflavones” and “Menopause” .................................................................................................................................................. 637
ID 1644: “Soy Isoflavones” and “Bone health and soy foods” .................................................................................................................................................. 656
ID 1645: “Standardised Potato Extract” and “Satiety/Weight management/Promotion of CCK release and soy foods” .................................................................................................................................................. 658
ID 1646: “Stearic acid” and “Lipid metabolism” .................................................................................................................................................. 660
ID 1647: “Taurine” and “Antioxidant properties” .................................................................................................................................................. 660
ID 1648: “Taurine” and “Cognitive function/Mental health” .................................................................................................................................................. 664
ID 1649: “Taurine” and “Ergogenic role in sports and exercise” .................................................................................................................................................. 665
ID 1650: “Taurine” and “For cardiovascular system health” .................................................................................................................................................. 666
ID 1651: “Tomato extract containing lycopene” and “Maintains cardiovascular health” .................................................................................. 666
ID 1652: “Tomato extract containing lycopene” and “Antioxidant properties/cell and DNA protection” ........................................................................ 671
ID 1653: “Tomato extract containing lycopene” and “Maintains prostate health” .......................................................................................................... 675
ID 1654: “Tomato extract containing lycopene” and “Maintains skin health” ........................................................................................................ 679
ID 1655: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “Antioxidant combination, for antioxidant protection system” .................................................................................................................................................. 682
ID 1656: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “For cardiovascular health” .................................................................................................................................................. 683
ID 1657: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “Skin anti-ageing agent” .................................................................................................................................................. 683
ID 1658: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “For skin health” .................................................................................................................................................. 684
ID 1659: “Troserutin” and “Vascular health” .................................................................................................................................................. 684
ID 1660: “Troserutin” and “Vascular health” .................................................................................................................................................. 684
ID 1671: “Tryptophan” and “Mental and nerve function” ................................................................. 685
ID 1672: “Tyrosine” and “Cognitive function/Mental health” ......................................................... 689
ID 1673: “Vitamins, minerals, trace elements and standardized ginseng G115 extract (Pharmaton capsules, film coated tablets, effervescent)” and “Mental performance” ........................................................... 690
ID 1674: “Vitamins, minerals, trace elements and standardized ginseng G115 extract (Pharmaton capsules, film coated tablets, effervescent)” and “Energy metabolism” ................................................................. 691
ID 1675: “Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi)” and “Nutritional support (for children and adults) in case of unbalanced nutrition” ................................................................. 692
ID 1676: “Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi)” and “Nutritional support after illness” ................................................................................................................ 693
ID 1677: “Vitamins, minerals, lysine and/or arginine and/or taurine” and “Nutritional support to help mental performance” ................................................................................................................ 693
ID 1679: “VitaGrape® Grape Seed Extract 95% OPC” and “Excellent source of oligoremic proanthocyanidins that have been associated with the reduction of oxidative stress.” ................................................................. 694
ID 1680: “Wheat dextrin” and “Bowel health/digestive health/bowel movement” ................................. 697
ID 1681: “Wheat dextrin” and “Bowel health/SCFA production” .................................................... 698
ID 1682: “Wheat dextrin” and “Heart Health” .................................................................................. 698
ID 1683: “Whey Protein Milk Mineral Complex” and “Weight management” .......................................... 700
ID 1684: “Zeaxanthin” and “Eye health and vision” ........................................................................... 701
ID 1685: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Musklnas funktion” ......................................................................................................................... 706
ID 1686: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Inverkan på mag- och tarmhälsa” ........................................................................................................ 707
ID 1687: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Inverkan på hudens egenskaper” ........................................................................................................ 707
ID 1688: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Spermiernas funktion” ......................................................................................................................... 708
ID 1689: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Immunsystemet” ......................................................................................................................... 708
ID 1690: “Alfa-galattosidasi” and “Digestion” .................................................................................... 710
ID 1692: “Bioalfa plus e biogenina, associati a sostanze antiossidanti (quercitina, zinco e rame) [1]” and “Interazione con ossidanti” ......................................................................................................................... 710
ID 1693: “Bioflavonoids” and “Trofismo venoso. Azione antiossidante” ............................................. 710
ID 1696: “hydroxytyrosol simple phenol; oleuropein complex polyphenol belonging to ai secoiridoids” and “Antioxidant activity, they protect body cells and LDL from oxidative damages” ........................................................................................................ 711
ID 1695: “Dimetilsolfone” and “Trofismo della cute e annessi” .......................................................... 711
ID 1697: “Lattasi (beta-galattosidasi)” and “Digestion” ....................................................................... 711
ID 1698: “Melatonine” and “Ritmo sonno-veglia” ............................................................................... 711
ID 1700: “Monascus purpureus” and “Controllo dei livelli ematici di colesterolo” ............................. 711
ID 1701: “Phaseolamine (proteina concentrata di fagiolo Phaseolus vulgaris)” and “Inibisce l’attività dell’enzyma α-amilasi, ostacolando in tal modo la trasformazione dei carboidrati complessi in zuccheri semplici, i quali vengono immagazzinati come grassi di deposito se non utilizzati subito dall’organismo. Ne risulta una diminuzione” ........................................................................................................ 712
ID 1703: “Royal jelly” and “Reconstituent and tonic” ........................................................................... 712
ID 1704: “Soy Isoflavones” and “Attività estrogenica. Rinnovamento cutaneo”................................. 712
ID 1705: “Spermidina 3HCL[4]” and “Trofismo della cute e annessi, ciclo di vita dei capelli”.................. 732
ID 1706: “squalene idrocarburo” and “Antioxidant activity, protection of body tissue and skin from oxidant agents (UV rays)” ................................................................. 732
ID 1707: “Teanine” and “Cognitive function”......................................................................................... 732
ID 1708: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Protection of body tissues and cells from oxidative damage” ......................................................... 733
ID 1710: “5-methyl tetra-hydrofolate” and “Prevention of folic acid deficiency in vulnerable individuals”...... 733
ID 1711: “Amino acids” and “Stimulate protein synthesis”................................................................. 734
ID 1712: “Arginine” and “For muscle integrity and haematopoiesis (red blood cells building)” .................. 735
ID 1713: “Arginine” and “For immune system functions”................................................................. 735
ID 1714: “Ascorbic acid” and “Respiratory health”.............................................................................. 735
ID 1715: “Ascorbic acid, sodium salt” and “Respiratory health”............................................................ 735
ID 1716: “Bonito protein peptide” and “Natural Blood Pressure Support”.............................................. 735
ID 1717: “Chlorophyllin [Sodium copper chlorophyllin] and “Relief for Gastric Discomfort” .................... 736
ID 1718: “choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid)” and “Maintenance and promotion of healthy connective tissue in bone by stimulating bone collagen synthesis. Healthy women and men.” ......................................................... 736
ID 1719: “choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid)” and “Helps support hair quality by helping to maintain healthy connective tissue in the dermis. Healthy women and men.” ...... 737
ID 1720: “Co-Enzyme Q 10” and “For physiological energy”............................................................... 738
ID 1721: “Co-Enzyme Q 10” and “For maintenance and promotion of heart health” ............................. 738
ID 1722: “Copper enriched Saccharomyces cerevisiae ATY-SC-108” and “Connective tissues” ................ 738
ID 1723: “Copper enriched Saccharomyces cerevisiae ATY-SC-110” and “Neurological system structure and function” ......................................................................................... 738
ID 1724: “Copper enriched Saccharomyces cerevisiae ATY-SC-108” and “Skin and hair pigment” .......... 738
ID 1725: “Copper enriched Saccharomyces cerevisiae ATY-SC-112” and “Immune System” .................. 739
ID 1726: “Copper enriched Saccharomyces cerevisiae ATY-SC-108” and “Protection of body tissues and cells from oxidative damage” ................................................................. 739
ID 1727: “Copper enriched Saccharomyces cerevisiae ATY-SC-108” and “Transport and metabolism of iron” ................................................................. 739
ID 1728: “Copper enriched Saccharomyces cerevisiae ATY-SC-115” and “Bioavailability of minerals with enriched yeasts” ......................................................................................... 739
ID 1729: “Copper enriched Saccharomyces cerevisiae ATY-SC-116” and “Energy metabolism” ............. 739
ID 1730: “Glycerol” and “Respiratory health” ....................................................................................... 739
ID 1731: “Hyaluronic acid / Sodium Hyaluronate” and “Joint Health” ................................................... 740
ID 1732: “Inositol” and “Nervous system function” ............................................................................... 740
ID 1733: “L-Theanine” and “Relaxation” ............................................................................................. 740
ID 1741: “Methylsulfonyl-methane (MSM)” and “Anti-aging” .............................................................. 741
ID 1742: “Milk fat globule membrane/Milk phospholipids” and “Digestive system” .............................. 741
ID 1780: “Melatonin” and “Relaxation” ................................................................. 753
ID 1781: “Pancreatic enzymes” and “Digestive function” .................................................. 753
ID 1783: “Rutin” and “Vascular health” .................................................................. 753
ID 1784: “Rutin” and “Antioxidant properties” ................................................................. 753
ID 1785: “Superoxide dismutase” and “Antioxidant activity” .............................................. 754
ID 1787: “Anthocyanidines + proanthocyanidines” and “Cardiovascular system” .............. 754
ID 1788: “Anthocyanidines + proanthocyanidines” and “Blood fat levels” ......................... 755
ID 1789: “Anthocyanidines + proanthocyanidines” and “Carbohydrate metabolism and insulin sensitivity” ...... 755
ID 1790: “Anthocyanidines + proanthocyanidines” and “Gut health” .............................. 755
ID 1791: “Anthocyanidines + proanthocyanidines” and “Eyes” ......................................... 756
ID 1792: “Beta-glucan (WGP)” and “Immunity” ......................................................... 756
ID 1793: “Beta-glucan + olive leaf extract” and “Immunity” .............................................. 757
ID 1794: “Boswellia + shark cartilage extract” and “Joints” ............................................. 757
ID 1795: “Buffering salts (calcium carbonate + magnesium oxide)” and “Gut health” ........... 758
ID 1796: “Carotenoids (alpha, beta and gamma carotene, lycopene)” and “Skin” ................. 759
ID 1797: “Chlorella algae (Chorella pyrenoidosa)” and “Antioxidativity” ......................... 759
ID 1799: “Citrus bioflavonoids” and “Joints” ............................................................. 760
ID 1800: “Epigallocatechin gallate (ECGC) + caffeine” and “Weight control” ...................... 760
ID 1801: “Fenugreek + alpha-lipoic acid + chrome” and “Carbohydrate metabolism and insulin sensitivity” ..... 761
ID 1802: “Fenugreek + alpha-lipoic acid + chrome” and “Blood lipid levels” ...................... 761
ID 1803: “Fermented whey” and “Gut health” ............................................................ 762
ID 1804: “Flavonoids in cranberry juice” and “Antioxidativity” ......................................... 762
ID 1805: “Flavonoids from green tea, apple and onion” and “Antioxidativity” .................... 762
ID 1806: “Flavonoids from green tea, apple and onion” and “Weight control” ...................... 763
ID 1808: “Flaxseed husk extract/lignans” and “Antioxidativity” ....................................... 765
ID 1810: “Floral pollen + fermented pollen + royal jelly” and “Bone” .................................. 765
ID 1813: “Green-lipped mussel (Perna canaliculus)” and “Musculoskeletal system” ............. 765
ID 1814: “Herbal yeast plasmolycate (saccharomyces cerevisiae)” and “Absorption of nutrients” ........ 765
ID 1815: “Herbal yeast plasmolycate (saccharomyces cerevisiae)” and “Physical performance and condition” . 766
ID 1816: “Herbal yeast plasmolycate (saccharomyces cerevisiae)” and “Mental state and performance” .................................................. 766
ID 1817: “Herbal yeast plasmolycate (saccharomyces cerevisiae)” and “Immunity” ............... 766
ID 1818: “Lactase enzyme” and “Digestion” ................................................................ 767
ID 1819: “Lactium-peptide compound” and “Mental state and performance” ..................... 767
ID 1820: “L-arginine hydrochloride” and “Physical performance and condition” ................ 767
ID 1821: “L-carnitine” and “Energy metabolism” .......................................................... 768
ID 1823: “L-carnitine + green tea extract” and “Weight control” ....................................... 769
ID 1824: “L-carnosine” and “Physical performance and condition” .................................... 770
ID 1825: “L-carnosine” and “Skin” .......................................................................... 770
ID 1826: “L-carnosine” and “Cardiovascular system” ................................................................. 770
ID 1827: “Lycopene” and “Eyes” .......................................................................................... 770
ID 1828: “L-5 hydroxytryptophan” and “Mental state and performance” .................................. 770
ID 1829: “Mycelium, biologically activated (contains ACHH, active hemicellulose compound)” and “Immunity” .................................................................................................................. 771
ID 1831: “Peptides (milk products fermented with L. helveticus lactic acid bacteria)” and “Cardiovascular system” ......................................................................................................................... 771
ID 1832: “Peptides (isoleucine-proline-proline, IPP + valine-proline-proline, VPP)” and “Cardiovascular system” ......................................................................................................................... 773
ID 1833: “Phenol compounds of cranberry and lingonberry (catechins, flavonoids, phenolic acids, anthocyanins, ligans) + ascorbic acid” and “Antioxidativity” ................................................................. 774
ID 1834: “Phospholipids” and “Immunity” .................................................................................. 774
ID 1835: “Phospholipids” and “Mental state and performance” .................................................. 775
ID 1837: “Pollen + Royal Jelly” and “Sexual organs and/or hormone activity” ............................ 775
ID 1838: “Royal Jelly + pollen” and “Immunity” ....................................................................... 775
ID 1839: “Pollen pistil extract + SOD” and “Mental state and performance, antioxidativity” .... 775
ID 1840: “Pollen pistil extract + SOD” and “Physical performance and condition” ....................... 776
ID 1841: “Proanthocyanidins in cranberry juice” and “Urinary tract” ........................................ 776
ID 1842: “Protease, lipase and other enzymes that break down carbohydrates” and “Digestion” ................................................................................................................................. 778
ID 1844: “Quercetin” and “Cardiovascular system” .................................................................... 778
ID 1845: “Quercetin” and “Mental state and performance” ......................................................... 779
ID 1846: “Quercetine” and “Liver, kidneys” ............................................................................... 779
ID 1850: “Sea buckthorn oil and flavonoids extracted from sea buckthorn berries” and “Antioxidativity” ......................................................................................................................... 779
ID 1851: “Shark liver oil/alkylglycerol” and “Immunity” ............................................................. 779
ID 1852: “Shark cartilage” and “Joints, supportive tissue” .......................................................... 780
ID 1853: “Shark cartilage” and “Joints” ..................................................................................... 780
ID 1854: “Shark cartilage, powder and extract” and “Immunity” ................................................ 780
ID 1855: “Shark cartilage + greenshell mussel” and “Joints” ....................................................... 781
ID 1857: “Sodium bicarbonate + wine acid + anhydrous citric acid + sodium carbonate” and “Gut health” ............................................................................................................................. 781
ID 1858: “Spirulina alga” and “Weight control” .......................................................................... 781
ID 1859: “Soy isoflavones + lycopene + zinc + selenium + vitamin D + vitamin E + vitamin C” and “Sexual organs and/or hormone activity” ..................................................................................... 782
ID 1860: “Soy + magnesium + calcium + zinc + manganese + copper + vitamin B6 + vitamin D + vitamin K” and “Bone” ................................................................................................................ 782
ID 1864: “Sugar cane extract” and “Cardiovascular system” ..................................................... 783
ID 1865: “Theanine + oat shoot extract” and “Mental state and performance” ............................. 784
ID 1867: “Spirulina” and “Antioxidative” .................................................................................... 784
ID 1868: “Sodium alginate and ascophyllum nodosum” and “Alginate can reduce the activity of digestive enzymes and reduce glucose absorption. Polyphenols found in ascophyllum nodosum inhibit enzyme activity and reduce the glycaemic load of meals” ................................................................. 784
ID 1869: “Glucosamine sulfate” and “Glucosamine sulfate possesses antiinflammatory activity” ................................................................................................................................. 785
ID 1871: “Name of Food product: Product-specific claim: sodium alginate, n-acetyl cysteine and piperine. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate binds heavy metals, stimulates mucin production and protects the colon. N-acetylcysteine detoxifies and removes heavy metals. Piperine increases the bioavailability of n-acetylcysteine. Do benefits relate to a disease risk factor: No” ... 785

ID 1872: “Ipriflavone” and “Ipriflavone suppresses bone resorption” ................................................................. 786

ID 1873: “Name of Food product: Product-specific claim: sodium alginate and ulva. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate and ulva bind toxins, mutagens and heavy metals. They can also stimulate and increase colonic mucin production and thicken the colonic mucosa and protect the colon from harmful substances. Do benefits relate to a disease risk factor: No” ........................................... 786

ID 1874: “Methylsulphony/methane (MSM)” and “To help strengthen hair, skin and nails” .............................................. 787

ID 1875: “Olivenol livin' BEGIN” and “A potent source of antioxidant” ............................................................................. 787

ID 1877: “Olive Biophenols” and “A potent source of olive biophenols with strong anti-bacterial properties” .. 788

ID 1878: “Olive Biophenols” and “A potent source of olive biophenols that have anti-UV damage properties” ................................................................................................................................. 788

ID 1879: “Name of Food product: gelatin & cystine. Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No” and “Health benefits of food: healthy hair, skin and nails. Do benefits relate to a disease risk factor: No Target group: All adults aged 18 years and over” ................................................................................................................................. 788

ID 1880: “Name of Food product: Triphala. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Triphala has a strong antioxidant effect. Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Pregnant, lactating women and children. Reasons for excluding these groups: These groups of people should avoid taking Triphala just as they should avoid taking any unnecessary supplements due to being vulnerable populations. Triphala is not suitable during pregnancy as its "downward flowing" energy is believed to favour miscarriage”.............. 788

ID 1881: “Name of Food product: Product-specific claim: Sodium alginate and ascophyllum nodosum. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate can reduce the activity of digestive enzymes and reduce glucose absorption. Polyphenols found in ascophyllum nodosum inhibit enzyme activity and reduce the glycemic load of meals. Do benefits relate to a disease risk factor: Yes. Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Pregnant, lactating women and children. People with brittle bones or calcium deficiency. Reasons for excluding these groups: Sodium alginate may decrease the absorption of calcium if taken concomitantly therefore it should be avoided by pregnant, lactating women and children and those with brittle bones or calcium deficiency.” ........................................................................................................ 790

ID 1882: “Name of Food product: Olive Biophenols. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: A potent source of olive biophenols with anti-inflammatory properties. Do benefits relate to a disease risk factor: No Target group: All of the general population including children and adults” .......... 790

ID 1884: “Name of Food product: Product-specific claim: sodium alginate, HCA and piperine. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate forms a gel in the stomach and promotes an immediate feeling of satiety. It may also trap a portion of HCA. Piperine increases the bioavailability of the un-trapped HCA and enhances satiety. Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some exceptions If exceptions describe: Pregnant, lactating women and children. Also those with calcium deficiency or brittle bones. Reasons for excluding these groups: HCA can influence the body's own production of cholesterol and therefore it may influence indirectly the production of sterols. Pregnancy is a time of extreme sensitivity to steroid hormones so HCA should be avoided and also during lactation. Sodium alginate may decrease the absorption of
calcium if taken concomitantly therefore it should be avoided by pregnant, lactating women, children and those with brittle bones or calcium deficiencies.” ................................................................. 791
ID 1887: “Chlorella algae (Chorella pyrenoids)” and “Purifiant, capacité à absorber les toxins” ............. 792
ID 1889: “Colostrum bovin” and “Système digestif Combat la colite, la diarrhée” ............................................ 792
ID 1890: “Colostrum bovin” and “Anti-asthénique” ................................................................................... 793
ID 1891: “Colostrum bovin” and “Système immunitaire” ............................................................................. 793
ID 1892: “Coquille d’huître” and “Cycle mensyesl, Soulage les PMS (PreMenstrual Syndrome)” .................. 793
ID 1893: “Coquille d’huître” and “Cholestérol Hypolipidémiant” ............................................................. 793
ID 1894: “Laitance de poisson” and “Système nerveux” ................................................................................ 793
ID 1895: “Foie de chimère” and “Système immunitaire” ............................................................................. 793
ID 1896: “Foie de morue” and “Stimule la croissance. Favorise le développement” .................................. 794
ID 1899: “Lycopenes from tomato pulp and sauces” and “Antioxidant Properties” .................................. 794
ID 1900: “Polyphenols from processed fruits and tea” and “Antioxidant Properties (namelly reduces cellular oxidative stress)” ................................................................. 795
ID 1901: “Polyphenols and vitamins from pomegranate extract “ and “Antioxidant and anti - ageing properties” .............................................................................................................. 795
ID 1902: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity.
In healthy people:” ..................................................................................................................................... 795
ID 1903: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity.
In people with irritable bowel syndrom:” ..................................................................................................... 796
ID 1904: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity.
In people receiving total or supplemental enteral nutrition” ....................................................................... 796
ID 1905: “D-Tagatose” and “Intestinal health” ............................................................................................. 796
ID 1906: “Fat-reduced cream powder (rich source of milk phospholipids)” and “Gastrointestinal health” ...... 797
ID 1907: “Naringin (a component of citrus peel extract and precursor of naringenin)” and “Bone health” .... 797
ID 1908: “Diosmin (a component of citrus peel extract and precursor of diosmetin)” and “Vascular health” ..... 797
ID 1910: “WGP beta-glucan;(WGP® (1,3)-b-D-glucan);(from Saccharomyces cerevisiae)” and “Immune system” ................................................................................................................................. 800
ID 1911: “Coenzyme Q10;ubiquinone” and “Blood pressure” ......................................................................... 800
ID 1912: “Coenzyme Q10; ubiquinone” and “Energy production, muscle function” ........................................ 800
ID 1913: “Coenzyme Q10;(Ubiquinone)” and “Physical activity” ............................................................... 801
ID 1914: “Lutein; Zeaxanthin” and “Antioxidant” ......................................................................................... 801
ID 1915: “L-Lysine” and “Bones” .................................................................................................................. 801
ID 1916: “L-Methionine” and “Epidermic tissue” .......................................................................................... 801
ID 1917: “Antioxidants” and “Skin Anti-ageing” ......................................................................................... 802
ID 1918: “Astaxanthin from Haematococcus pluvialis” and “Beneficial for connective tissue and joints” .... 802
ID 1919: “Astaxanthin from Haematococcus pluvialis” and “ ........................................................................ 802
ID 1920: “Bioflavonoids” and “An antioxidant function to help support the immune system” ................... 802
ID 1921: “Chlorophyll in sprouted seed” and “Naturally occuring antioxidants directly neutralise free radicals” ................................................................................................................................. 803
ID 1922: “Creatine” and “Increasing Performance” ..................................................................................... 803
<table>
<thead>
<tr>
<th>ID</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1963</td>
<td>“Sportfoods” and “Creatine: energy reserve of muscle tissue”</td>
<td>832</td>
</tr>
<tr>
<td>1964</td>
<td>“Single and oligomeric flavan-3-ols” and “Vascular Activity”</td>
<td>832</td>
</tr>
<tr>
<td>1965</td>
<td>“Single and oligomeric flavan-3-ols” and “Dermal Activity”</td>
<td>832</td>
</tr>
<tr>
<td>1966</td>
<td>“Single and oligomeric flavan-3-ols” and “Antioxidant Activity”</td>
<td>833</td>
</tr>
<tr>
<td>1968</td>
<td>“Bêta-carotène” and “Peau”</td>
<td>834</td>
</tr>
<tr>
<td>1969</td>
<td>“Polyphenols from French maritime pine bark” and “antioxidant properties”</td>
<td>834</td>
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<td>1970</td>
<td>“Superoxide dismutase (SOD)” and “Antioxidant properties”</td>
<td>834</td>
</tr>
<tr>
<td>1971</td>
<td>“Glutathion” and “Antioxydant”</td>
<td>835</td>
</tr>
<tr>
<td>1973</td>
<td>“SÂme (S-adenosylmethionine)” and “Joint health, mobility and joint comfort”</td>
<td>835</td>
</tr>
<tr>
<td>1974</td>
<td>“Lactase (bêta D galactohydrolase) as food complement” and “Lactose digestion”</td>
<td>836</td>
</tr>
<tr>
<td>1975</td>
<td>“Acacia gum (gum arabic)” and “Acacia gum and renal function”</td>
<td>836</td>
</tr>
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<td>1976</td>
<td>“Acacia gum (gum arabic)” and “Acacia gum and cholesterol”</td>
<td>837</td>
</tr>
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<td>1977</td>
<td>“Acacia gum (gum arabic)” and “Blood glucose control”</td>
<td>838</td>
</tr>
<tr>
<td>1978</td>
<td>“Astaxanthin from Haematococcus pluvialis” and “Beneficial for connective tissue and joints”</td>
<td>838</td>
</tr>
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<td>1979</td>
<td>“Astaxanthin from Haematococcus pluvialis” and “Protects skin from UV damage and sun exposure”</td>
<td>839</td>
</tr>
<tr>
<td>1980</td>
<td>“Astaxanthin from Haematococcus pluvialis” and “Supports Healthy Immune System”</td>
<td>840</td>
</tr>
<tr>
<td>1981</td>
<td>“Cartilage de requin” and “Articulations”</td>
<td>841</td>
</tr>
<tr>
<td>1982</td>
<td>“Gelée royale” and “Vitalité physique et intellectuelle”</td>
<td>841</td>
</tr>
<tr>
<td>1983</td>
<td>“Lecithin” and “Memory and concentration”</td>
<td>841</td>
</tr>
<tr>
<td>1984</td>
<td>“Phytostanols / sterols” and “Heart health”</td>
<td>841</td>
</tr>
<tr>
<td>1985</td>
<td>“Hydrolysat de chitosan” and “Réduit l'inflammation”</td>
<td>842</td>
</tr>
<tr>
<td>1986</td>
<td>“Allium cepa (Common Name: Onion)” and “Lipid metabolism”</td>
<td>843</td>
</tr>
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<td>1987</td>
<td>“Allium cepa (Common Name: Onion)” and “Glucose metabolism”</td>
<td>843</td>
</tr>
<tr>
<td>1988</td>
<td>“Allium cepa (Common Name: Onion)” and “Antioxidative properties”</td>
<td>844</td>
</tr>
<tr>
<td>1989</td>
<td>“Allium sativum (aged garlic) (Common Name: Aged garlic)” and “Antioxidant activity”</td>
<td>844</td>
</tr>
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<td>1991</td>
<td>“Allium sativum (aged garlic) (Common Name: Aged garlic)” and “Heart Health”</td>
<td>844</td>
</tr>
<tr>
<td>1992</td>
<td>“Alium sativum (Common Name: Garlic)” and “Heart Health/ Blood lipids”</td>
<td>848</td>
</tr>
<tr>
<td>1997</td>
<td>“Aronia melanocarpa (Common Name: Chokeberry)” and “Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity”</td>
<td>850</td>
</tr>
<tr>
<td>1998</td>
<td>“Aronia melanocarpa (Common Name: Chokeberry)” and “Vein health/Vascular health”</td>
<td>853</td>
</tr>
<tr>
<td>1999</td>
<td>“Aspalathus linearis (Common Name: Rooibos/Red bush)” and “Antioxidant properties”</td>
<td>855</td>
</tr>
<tr>
<td>2000</td>
<td>“Aspalathus linearis (Common Name: Rooibos/Red bush)” and “Relaxation”</td>
<td>856</td>
</tr>
</tbody>
</table>
ID 1001: “Lactobacillus reuteri THT 030803” and “Natural defences/ immune system”


ID 1002: “Lactobacillus rhamnosus THT 030901” and “Digestive health/ Intestinal flora”


ID 1003: “Lactobacillus rhamnosus THT 030901” and “Natural defences/ immune system”


ID 1004: “Lactobacillus rhamnosus THT 030902” and “Digestive health/Intestinal flora”


ID 1005: “Lactobacillus rhamnosus THT 030902” and “Natural defences/immune system”

ID 1006: “Lactobacillus salivarius THT 031001” and “Digestive health/ Intestinal flora”


ID 1007: “Lactobacillus salivarius THT 031001” and “Natural defences/ immune system”


ID 1008: “Lactococcus lactis THT 090101” and “Digestive health/ Intestinal flora”


ID 1009: “Lactococcus lactis THT 090101” and “Natural defences/ immune system”


ID 1010: “Saccharomyces boulardii ATY-SB-101” and “Gastro-intestinal function / Intestinal microflora”


ID 1011: “Saccharomyces boulardii ATY-SB-101” and “Natural defences / Immune system”


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ID 1012: “Streptococcus thermophilus THT 070101” and “Digestive health/Intestinal flora”


ID 1013: “Streptococcus thermophilus THT 070101” and “Natural defences/immune system”


ID 1014: “Streptococcus thermophilus THT 070102” and “Digestive health/ Intestinal flora”


ID 1015: “Streptococcus thermophilus THT 070102” and “Natural defences/ immune system”


ID 1030: “Lactobacillus crispatus P 17631” and “Benessere del tratto intestinale”


Lattobacilli ad uso ….etc. Università degli Studi del Piemonte Orientale.


Morelli et al, Caratterizzazione ceppo…etc.


ID 1055: “Lactobacillus acidophilus, Lactobacillus paracasei, Lactobacillus rhamnosus and Bifidobacterium lactis lactic acid bacteria” and “Gut health”


ID 1056: “Lactobacillus acidophilus, Lactobacillus paracasei, Lactobacillus rhamnosus and Bifidobacterium lactis lactic acid bacteria” and “Immunity”

Easo JG, Measham JD, Munroe J, Green-Johnson JM, 2002. Immunostimulatory Actions of Lactobacilli: Mitogenic Induction of Antibody Production and Spleen Cell Proliferation by Lactobacillus delbrueckii subsp. bulgaricus and Lactobacillus acidophilus. Food and Agricultural Immunology, 14, 73-83.


ID 1057: “Lactobacillus reuteri lactic acid bacteria” and “Mouth, teeth”


ID 1058: “Lactobacillus rhamnosus GG + Lactobacillus rhamnosus Lc705 + Propionibacterium freudenreichii subsp. shermanii JS + Bifidobacterium animalis subsp. lactis Bb-12” and “Gut health”


SNF (Swedish Nutrition Foundation), 2007. Statement concerning evaluation of the scientific documentation behind a product specific health claim for LGG®Plus.


ID 1060: “Lactococcus lactis L1A NCIMB 40157 (Verum® Hälsofil)” and “Digestive system”


ID 1061: “Lactobacillus rhamnosus LB21 NCIMB 40564” and “Digestive system Immune system”


5. Larsson M, Andersson J, Johansson G, Karlsson AK, Grahn Håkansson E, The ability of Lactobacillus rhamnosus, LB21 to survive in the gastrotestinal tract and to prevent antibiotic associated diarrhoea. Department of Food and Nutrition, Umeå University, Umeå, Sweden.


ID 1062: “Lactococcus lactis L1A NCIMB 40157” and “Intestinal flora Digestive health”


ID 1063: “Lactobacillus plantarum LB931 DSM 11918” and “Intestinal flora Digestive health Urogenital health”

2. Elmér C. 2007. The ability of probiotic lactic acid bacteria to influence human T lymphocytes cytokine responses. Degree project in Engineering Biology 30 ECTS credits, Umeå University.


ID 1064: “Lactobacillus rhamnosus LB21 NCIMB 40564” and “Intestinal flora Digestive health Oral flora”


ID 1065: “Lactobacillus plantarum LB7c DSM 17853” and “Intestinal flora Digestive health”


ID 1066: “Lactobacillus plantarum LB3e DSM 17852” and “Intestinal flora Digestive health”


ID 1071: “Lactobacillus plantarum HEAL 9 (DSM 15312 = 39D)” and “Strengthens the immune system. Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina”


ID 1072: “Lactobacillus plantarum HEAL 19 (DSM 15313 = 52A)” and “Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina” and “Reduces the insulin response after a meal. Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina.”


ID 1073: “Lactobacillus plantarum HEAL 99 (DSM 15316 = 61A)” and “Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina”


ID 1074: “Lactobacillus paracasei 8700:2 (DSM 13434, 240HI)” and “Strengthens the immune system Establishment of lactobacilli and beneficial changes in the microflora”

2 Berggren A et al., 2007. Probiotic for common cold prevention


**ID 1075: “Lactobacillus parcasei 02A (DSM 13432)” and “Establishment of lactobacilli and beneficial changes in the microflora”**


**ID 1076: “Lactobacillus rhamnosus 271 (DSM 6594)” and “Gut Health”**


**ID 1077: “Lactobacillus plantarum 299 (DSM 6595, 67B)” and “Immune systems”**

ID 1078: “Lactobacillus plantarum 299 (DSM 6595, 67B)” and “Increase the amount of Lactobacilli in the intestine. Decrease the amount of Enterobacteriaceae. Inhibit pathogenic bacteria”


ID 1079: “Lactobacillus crispatus VPC111 (DSM 16741)” and “Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina”


ID 1080: “Lactobacillus crispatus VPC177 (DSM 16743)” and “Gut health, Vaginal health/flora”

4 Håkansson Å and et al., 2006. Effect of a symbiotic treatment in DSS induced colitis in rats. Poster presented at the International Food and Health Innovation Conference, Malmö, Sweden.

ID 1081: “Lactobacillus plantarum 299v (DSM 9843)” and “Immune systems”


**ID 1083: “Lactobacillus plantarum 299v (DSM 9843)” and “Antioxidant properties”**


**ID 1084: “Lactobacillus plantarum 299v (DSM 9843)” and “Gut health”**


**ID 1085: “A combination of three probiotic ingredients; Lactobacillus casei F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus La5” and “Gut function/health”**


**ID 1086: “Dairy products containing the combination of three probiotic ingredients; Lactobacillus casei F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus La5” and “Gut Health. Immune systems”**


4 Carbajal N, 2001 Salmonella challenge animal model: Lactobacillus reuteri SD2112 (human isolate) protective effect against Salmonella infection in mice. BioGaia study report NC001/R&D.


14 Francavilla R and et al., (Unpublished). Inhibition of Helicobacter pylori Infection in Humans by Lactobacillus reuteri ATCC 44730 and Effect on Eradication Therapy.


ID 1088: “Lactobacillus reuteri DSM 17938 Lactobacillus reuteri ATCC PTA 5289” and “Immune defence”


Zeuthen LH, Fink LN, Frokiaer H, 2008. Epithelial cells prime the immune response to an array of gut-derived commensals towards a tolerogenic phenotype through distinct actions of thymic stromal lymphopoietin and transforming growth factor-beta. Immunology, 123, 197-208.

ID 1089: “Lactobacillus reuteri DSM 17938 Lactobacillus reuteri ATCC PTA 5289” and “Healthy oral flora”


ID 1090: “A combination of the probiotics: Lactobacillus casei F19, Lactobacillus plantarum 2592, Leuconostoc mesenteroides 77:1, Pediococcus pentosaceus 16:1” and “Natural defence/immune system”


ID 1091: “Bacillus subtilis HU58” and “Intestinal / digestive health”


ID 1092: “Bacillus subtilis HU58” and “Immune function”


ID 1093: “Bifidobacterium infantis UCC35624” and “Promotion of healthy digestion”


ID 1095: “Lactobacillus paracaseii CUL08 NCIMB 30154 Lactobacillus salivarius CUL 61 Bifidobacterium adolescentis (bifidum) CUL20 NCIMB 30153 Bifidobacterium lactis CUL34 NCIMB 30172” and “Gut Flora/ Immune System”


ID 1096: “Probiotics (Lactobacillus acidophilus, Bifidobacterium breve, Bifidobacterium longum, Bifidobacterium infantis) & Antioxidants (Vitamin C, Green Tea Extract, Grape Seed Extract, Pine Bark Extract) as contained in the probiotic formula Immunox” and “Maintains healthy digestive function and supports immunity”


ID 1098: “Lactobacillus LA-5” and “Verdauungsapparat”

1. Abschlussbericht der Arbeitsgruppe “Probiotische Mikroorganismenkulturen in Lebensmitteln” am BgVV. 1999.


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ID 1099: “Coffee” and “Protection of body tissues, lipids, cells and DNA from oxidative damage”


ID 1100: “Coffee” and “Glucose homeostasis”


24 McCarty MF, 2005. A chlorogenic acid-induced increase in GLP-1 production may mediate the impact of heavy coffee consumption on diabetes risk. Med Hypotheses, 64, 848-853.


ID 1101: “Coffea arabica L.” and “Mental and physical stimulant effect”


ID 1102: “Coffea arabica L. and other spp (Common Name: Coffee) and Camelia sinensis (Common Name: Tea)” and “Hydration, eg. body function, physical and cognitive performance”

10 Food Standards Agency Eat Well, Drinking enough?, http://www.eatwell.gov.uk/healthydiet/nutritionessentials/drinks/drinkingenough/.

ID 1103: “Camelia sinensis (Common Name: Tea)” and “Protection of body tissues and cells from oxidative damage”

3 Ames BN, 2001. DNA damage from micronutrient deficiencies is likely to be a major cause of cancer. Mutation Research-Fundamental and Molecular Mechanisms of Mutagenesis, 475, 7-20.


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ID 1105: “Camelia sinensis (Common Name: Tea)” and “Oral health”


ID 1106: “Camelia sinensis (Common Name: Tea)” and “Heart health”


ID 1108: “Camelia sinensis(Common Name: Tea)” and “Glucose metabolism”

ID 1109: “Camelia sinensis (Common Name: Tea)” and “Bone health”

ID 1110: “Camelia sinensis (Common Name: Tea)” and “Skin health”

ID 1111: “Catechins – Green tea (camellia sinensis)” and “Dental health”
1 Preventive effects of tea polyphenols (Sunphenon TM) on plaque formation in men. Nihon Univ. Dent. J., 7, 654-659


ID 1112: “Catechins – Green tea (camellia sinensis)” and “Weight management”


ID 1113: “Catechins – Green tea (camellia sinensis)” and “Cholesterol”


ID 1114: “Catechins – Green tea (camellia sinensis)” and “Heart health”


**ID 1116: “Catechins – Green tea (camellia sinensis)” and “Gut flora”**


**ID 1117: “Catechins – Green tea (camellia sinensis)” and “Cognitive function”**


ID 1118: “Catechins – Green tea (camellia sinensis)” and “Colon health”


ID 1119: “Catechins – Green tea (camellia sinensis)” and “Skin care”

1 Katiyar SK, Agarwal R, Mukhtar H, 1993. Inhibition of both stage I and stage II skin tumor promotion in SENCAR mice by a polyphenolic fraction isolated from green tea: inhibition depends on the duration of polyphenol treatment. Carcinogenesis, 14, 2641-2643.


ID 1120: “Catechins – Green tea (camellia sinensis)” and “Women health”


ID 1121: “Catechins – Green tea (camellia sinensis)” and “Men health / prostate health”


ID 1122: “Food with a reduced glycemic response” and “Improved blood glucose control”

1 National Nutritional Recommendations 2005.
99

ID 1123: “Camellia sinensis Tea (Green, Oolong and Black Tea)” and “Resting metabolic rate and thermogenesis”


ID 1124: “Green Tea” and “Fat metabolism”


ID 1125: “Cranberry (Lingonberry) juice, (Vaccinium vitis-idaea, Vaccinium macrocarpon)” and “Urinary tract”


Brigham and Women’s Hospital, Cranberry, http://healthlibrary.brighamandwomens.org/Search/19,Cranberry.


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Murtaugh M and et al., 2004. Commercially available whole grain foods reduce body weight compared to equal servings of refined grain foods. FASEB J, 18, A148.


ID 1127: “Ready-to-eat breakfast cereals” and “Weight management”


ID 1128: “Omega-3 fatty acids (DHA+EPA)” and “Heart health”


ID 1129: “Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts), excluding bразil, macadamia and cashew nuts” and “Heart health”


EFSA (European Food Safety Authority), 2005. Opinion of the NDA Panel related to nutrition claims concerning omega-3 fatty acids, monounsaturated fat, polyunsaturated fat and unsaturated fat. EFSA Journal, 253

1-29.


ID 1130: “Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts), excluding brazil, macadamia and cashew nuts” and “Weight management via satiety (by proteins and fibre)"


ID 1131: “Almonds” and “Maintains healthy blood total and LDL cholesterol and heart health”


ID 1132: “Soups” and “Body weight management”


ID 1133: “Soups” and “Satiety/ satiation”


ID 1134: “Table top sweeteners and foods, beverages containing intense sweeteners” and “Dental health/ sweeteners can not be fermented by oral bacteria, they are non-cariogenic”


ID 1135: “Soya (Glycine max [L.] Merr.)” and “Cholesterol management / heart health”


Soya Protein Association, 2002. A Health Claim Submission by the Soya Protein Association to the JHCI For a Generic Soya Protein Health Claim In The UK. Does the inclusion of 25g soya protein per day as part of a diet low in saturated fat help to reduce blood cholesterol?


ID 1136: “Table top sweeteners and foods beverages containing intense sweeteners” and “Weight management”


13 FDA (Food and Drug Administration), Title 21, Food and Drugs. Chapter I Food and Drug Administration Department of Health and Human Services. Subchapter B Food for Human Consumption Part 101 Food labeling Subpart e 101.80 Dietary Noncariogenic Carbohydrate Sweeteners and Dental Caries. Code of Federal Regulations.


ID 1137: “Water soluble tomato concentrate (WSTC)” and “Suppression of blood platelet activity, circulatory and heart health”


2 Lazarus SA and Garg ML, 2003. The effects of tomato extract (TE) and omega-3 fatty acids on platelet cAMP levels and inositol trisphosphate (IP(3)) release. Asia Pac J Clin Nutr, 12 Suppl, S20.


ID 1138: “Dairy” and “Bone health”


ID 1140: “Dairy (low fat dairy)” and “Weight loss Fat loss Weight maintenance”


ID 1141: “(Cow’s) Milk And dairy products for which milk is the principle ingredient and no sugar has been added – e.g. yogurt, cheese” and “Dental Health”


ID 1142: “Milk” and “Dental health”


ID 1143: “Yoghurt cultures (live)” and “Lactose digestion”


DGCCRF (Direction Générale de la Concurrence de la Consommation et de la Répression des Fraudes), 2005. Allegations "ferments lactiques vivants du yaourt / digestion du lactose" (Claims "live ferments of yoghurt / lactose digestion").


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29 Mattes RD. 1996. Dietary compensation by humans for supplemental energy provided as ethanol or carbohydrate in fluids. Physiol Behav, 59, 179-187.


SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


ID 1148: “Food reduced/low in/free of sodium/salt and/or increased potassium” and “Blood pressure, heart health”

1 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD). Food and Drug Regulations Section B.01.603.
4 SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.

ID 1149: “Sugar-free chewing gum” and “Dental health/ Oral health, Gum and tooth protection/strength”


24 FDI (World Dental Federation), 2000. FDI Statement: Fluoride and Dental Caries.


ID 1150: “Sugar-free chewing gum” and “Plaque acid neutralisation”


ID 1151: “Sugar-free chewing gum” and “Localised tooth mineralisation (non-systemic)”


**ID 1152: “Sugar-free chewing gum containing polyols” and “Beneficial for weight management”**


**ID 1153: “Sugar-free chewing gum with Carbamide” and “Improved plaque acid neutralisation”**


ID 1154: “Sugar-free chewing gum with Fluoride” and “Increases resistance of enamel to acid attacks and rate of remineralisation”

Arreté du Ministère de l'économie des finances et de l'industrie du 2 mai 2002 relatif à l'emploi de fluorure de sodium dans les gommes à mâcher.


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10 EVIRA (Finnish Food Safety Authority), http://www.evira.fi/portal/fi/.


28 SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


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<thead>
<tr>
<th>ID 1156: “Walnuts” and “Heart Health (Cardiovascular Health)”</th>
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<td>1 Title 21, Food and Drugs, Chapter I Food and Drug Administration Department of Health and Human Services. Subchapter B Food for Human Consumption Part 101 Food labeling. Code of Federal Regulations (Revised 2008).</td>
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<td>10 EVIRA (Finnish Food Safety Authority), <a href="http://www.evira.fi/portal/fi/">http://www.evira.fi/portal/fi/</a>.</td>
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SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


147


ID 1157: “Walnuts” and “Artery Health”


10 EVIRA (Finnish Food Safety Authority), http://www.evira.fi/portal/fi/.


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ID 1158: “Walnuts” and “Lipid Metabolism Heart Health”


EVIRA (Finnish Food Safety Authority), http://www.evira.fi/portal/fi/.


SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


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ID 1159: “Honey (as defined by The Honey Regulations 2003 (as amended))” and “Antioxidant properties

Plus Antimicrobial properties”


**ID 1160: “Honey” and “Digestive health through presence of fructooligosaccharides and antioxidant phytochemicals”**


ID 1161: “Honey, including the antioxidants in honey” and “Respiratory Health through presence of antioxidant phytochemicals.”


ID 1162: “Pomegranate” and “Cardiovascular health”


ID 1163: “Punica granatum (Pomegranate)” and “Sexual health in men”


ID 1164: “Prunes (dried plums)” and “Normal bowel function/normal gastrointestinal function/normal colonic function”


ID 1165: “Prunes (dried plums)” and “Can aid satiety/increase sense of satiety due to NSP content and low Glycaemic index”

ID 1166: “Prune Juice” and “Normal bowel function/normal gastrointestinal function/normal colonic function”


ID 1167: “Foods in general, in particular confectionery, soft drinks, water-ice, chocolate-type products, table-top sweeteners and certain foods for a particular nutritional use” and “Foods which under typical conditions of use are neither cariogenic nor erosive, help maintain healthy teeth and are, therefore, toothfriendly”

2 Protocol of the German Comittee for Food Hygiene and Food Control (ALÜ) of November 7/8, 1989.
3 Legal opinion of the Working Group of Medical Officers of the German countries of June 19, 1990.
4 Letter of the German Dental Association (Bundeszahnärztekammer) of August 9, 1990 and the German Association of the Dentistry, Stomatoloy and Gnatology of July 2, 1990.
ID 1168: “Low energy carbohydrate electrolyte drinks” and “Hydration”


ID 1169: “Energy drinks containing 0.032% caffeine, 0.4% taurine and 0.24% glucuronolactone” and “Mood and performance”


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Hackam DG, Peterson JC, Spence JD, 2000. What level of plasma homocyst(e)ine should be treated? Effects of vitamin therapy on progression of carotid atherosclerosis in patients with homocyst(e)ine levels above and below 14 micromol/L. Am J Hypertens, 13, 105-110.


96 IoM (Institute of Medicine), Dietary references for vitamins and minerals.


170 SCF (Scientific Committee on Food), 2001. Composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.

171 SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Levels of Nicotinic Acid and Nicotinamide (Niacin)


**ID 1170: “Acidic water - based, non alcoholic flavoured beverages” and “Dental health - low erosion”**


ID 1171: “Carbohydrates in pasta products” and “Low blood glucose response. Target group: Whole population”


ID 1174: “Black rice (Oryza sativa indica), consumed as such, or the bran (pigment fraction) of black rice used as a food ingredient in foods, in particular yogurths, baked products, food supplements and certain foods for a particular nutritional use” and “heart health vascular health”


ID 1175: “Mjölkprotein-koncentrat med högt innehåll av fosfolipider (effektiv komponent fosfatidylinerin); Milk protein concentrate with a high content of phospholipids. (Effective component: Phosphatidyl serine); LacprodanÖPL-20” and “Minskning av stress Förbättrad minnesfunktion Stress reduction Enhanced memory function”


ID 1178: “Breads with salt content of <0.7%” and “Cardiovascular system”


ID 1179: “Rye bread” and “Carbohydrate metabolism and insulin sensitivity”


ID 1180: “Xylitol-sweetened chewing gum” and “Ears”


ID 1181: “Xylitol-sweetened chewing gum” and “Mouth, teeth”


NIDCR (National Institute of Dental and Craniofacial Research), Dry Mouth (Xerostomia), http://www.nidcr.nih.gov/oralhealth/topics/drymouth/default.htm.


179


ID 1182: “Xylitol in candy and bakery industry products and in dairy products” and “Mouth, teeth”


ID 1184: “Berries (lingonberry, cloudberry, blueberry, currants, raspberry and strawberry)” and “Cardiovascular system”


180


**ID 1185: “Natural berries/sodium” and “Cardiovascular system”**


**ID 1186: “Berries and fruit juices/flavonoids + ascorbic acid” and “Antioxidativity”**


**ID 1187: “Coffee drink/caffeine” and “Mental state and performance”**


ID 1188: “Coffea arabica L. and other spp (Coffee)” and “Kidney health”


ID 1189: “Nutritional preparation, powdery” and “Weight control”


ID 1190: “Matières grasses solides type margarines” and “Cholestérol sanguin”


HCSP (Haut Comité de la santé publique), 2000. Rapport du haut comité de santé publique en France "pour une politique nutritionnelle de santé publique en France".


ID 1191: “Fat free dairy products with reduced sugars or without added sugars” and “Body weight control”

AFSSA, 2007. Avis de l'Agence française de sécurité sanitaire des aliments relatif à l’évaluation des justificatifs concernant l’allégation « aide à garder la ligne » pour une gamme de yaourts aux fruits à 0 % de matières grasses, présentés comme riches en calcium, contenant un extrait de thé vert et sources de fibres ». Saisine n° 2005-SA-0330.


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ID 1193: “Raw or processed food products of animal origin, plus bread and panification products (cow’s, goat’s and ewe’s milk and related products (milk, cream, butter, cheese, yoghurt, fresh dairy products); hen’s and quail’s eggs; beef’s, veal’s and lamb’s me” and “Quality of dietary lipids and blood lipid profile”


5 Chilliard Y, Rouel J, Leloultre L, Bruneteau E, Capitan P, Lauret A, Ferlay A, 2004. Effects of extruded linseed substitution to linseed oil and/or soybean meal, on milk yield and fatty acid (FA) composition in
goats receiving a high-forage diet. Annual Meeting of European Association for Animal Production, Bled, Slovenia.


ID 1194: “Raw or processed food products of animal origin, plus bread and panification products (cow’s, goat’s and ewe’s milk and related products ( milk, cream, butter, cheese, yoghurt, fresh dairy products);
hen’s and quail’s eggs; beef’s, veal’s and lamb’s me
and “Quality of dietary lipids and nutrient (carbohydrates) metabolism”


ID 1196: “Apple juice” and “Maintenance of cardiovascular system”


ID 1197: “Grape juice” and “Maintenance of cardiovascular system”


Keevil JG, Osman HE, Reed JD, Folts JD, 2000. Grape juice, but not orange juice or grapefruit juice, inhibits human platelet aggregation. Journal of Nutrition, 130, 53-56.


ID 1199: “Black Currant juice” and “Urinary tract maintenance (Urinary Calculus)”

ID 1200: “Black Currant juice” and “Oxidative stress control”


ID 1201: “Pomegranate juice” and “Oxidative stress control”


ID 1202: “Tomato juice” and “Cardiovascular System”


ID 1203: “Matière grasse laitière optimisée (beurre)” and “lipides sanguins Cholestérol sanguin”


ID 1205: “Phyto-complex based on extracts of mushroom (Shiitake thalle Lentinula edodes), plants (Acerola fruit Malpighia punicifolia, Papaya fruit Carica papaya, Grapefruit fruit Citrus paradisi, Lemon oil Citrus limon), vitamin C, concentrated fruits juices and” and “Immune health”


ERNA (European Responsible Nutrition Alliance), 2004. Vitamin C Fact sheet


Ng ML and Yap AT, 2002. Inhibition of human colon carcinoma development by lentinan from shiitake mushrooms (Lentinus edodes). The Journal of Alternative & Complementary Medicine, 8, 581-589.


SCF (Scientific Committee on Food), 2004. Opinion on the Tolerable Upper Intake Level of Vitamin C.


ID 1206: “Food supplement of plants (meadowsweet, birch, green tea, green coffee, yerba mate), concentrated fruits juices and pectin.” and “Slimming - Silhouette”


“Water” and “Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities. Transportation of nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells. Structure of large molecules such as proteins and glycogen. Direct metabolic role represented by hydrolysis.”
ID 1208: “Water” and “Regulation of normal body temperature”


ID 1209: “Water” and “Hydration, eg. body function, physical and cognitive performance”


ID 1211: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Protection of body tissues and cells from oxidative damage”


Canada, 5 to 10 a day for better health, www.5to10aday.com.


New Zealand, 5+ A Day fruits and vegetables, http://www.5aday.co.nz/.


Spain, 5 al dia, http://www.5aldia.com/.


USA, Eat a variety of fruits & vegetables every day, www.fruitsandveggiesmatter.gov.


ID 1212: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Heart health”


ID 1213: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Weight management via fibre”


11 Canada, 5 to 10 a day for better health, www.5to10aday.com.


40 New Zealand, 5+ A Day fruits and vegetables, http://www.5aday.co.nz/.


Spain, 5 al dia, http://www.5aladia.com/.


USA, Eat a variety of fruits & vegetables every day, www.fruitsandveggiesmatter.gov.


ID 1214: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Modulation of glycemic response”
ID 1216: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Protection of body tissues and cells from oxidative damage”


ID 1217: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Heart health”


ID 1218: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Weight management via fibre”

ID 1219: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Modulation of glycemic response”


ID 1220: “Breakfast” and “Mental performance and wellbeing in the morning”

8 Lechky O, 1990. If children are developing poorly, ask what they had for breakfast. CMAJ, 143, 210-213.


ID 1221: “Table top sweeteners and foods beverages containing intense sweeteners” and “Blood glucose control”


ID 1222: “Camellia sinensis (Common Name: Tea)” and “Mental and cognitive health”


ID 1223: “Meat, poultry and Fish” and “Improvement of iron absorption”


ID 1224: “Drinking milks with reduced lactose content. Preserved milks with reduced lactose content. Milk beverages with at least 80% milk content with reduced lactose content” and “Decrease lactose malabsorption symptoms”


70 Start K, 1997. What is a milk-free diet and why is it needed? Prof Care Mother Child, 7, 161, 164.


ID 1225: “Royal jelly” and “Natural defence/immune system”


10 Шатохина РК, Лекарственное растительное сырье животного происхождения: Текст лекций. Санкт-Петербург: СПбХФИ.
ID 1226: “Royal jelly” and “Metabolism”


ID 1227: “Royal jelly” and “Vascular function”


ID 1228: “Royal jelly” and “Glands function”


ID 1229: “Royal jelly” and “Antioxidant properties”


**ID 1230: “Royal jelly” and “Skin health”**


**ID 1231: “Royal jelly” and “Tonus/vitality”**


ID 1232: “Green coffee (Coffea arabica L.)” and “Detoxification”


ID 1233: “Brewer's yeast (Saccharomyces cerevisiae)” and “Hair and nails health”


EHPM (European Federation of Associations of Health Product Manufacturers), 2000. The safety and benefits of vitamins and minerals.


**ID 1234: “Sterols/Stanols” and “Blood cholesterol concentrations”**

1. EU Regulation 608/2004 concerning the labelling of foods and food ingredients with added phytosterols, phytosterol esters, phytostanols and/or phytostanol esters. 2004.

**ID 1235: “Sterols/Stanols” and “Blood cholesterol concentrations”**

1. EU Regulation 608/2004 concerning the labelling of foods and food ingredients with added phytosterols, phytosterol esters, phytostanols and/or phytostanol esters. 2004.

**ID 1236: “Barre céréalière diététique contenant de l'avoine” et “fibres solubles (Beta-glucane) et cholestérol sanguin”**


**ID 1237: “Iodised salt” and “Body functions”**

2. Arbeitskreis Jodmangel (AKJ), Discussion Paper on the setting of maximum and minimum amounts for vitamins and minerals in foodstuffs.


ID 1238: “Lactose hydrolyzed milk products” and “Lactose digestion”


ID 1240: “Sugar-free chewing gum” and “Dry Mouth (Reduces/Improves Dry Mouth)”


5 Bartels and Foundation OC, Helping patients with Dry Mouth.


ID 1241: “Plain Biscuits (such as "LU petit déjeuner")” and “The appearance, in the blood circulation, of exogenous glucose from biscuits consumed for breakfast is moderate and stable throughout the morning.”


ID 1242: “Propolis” and “improvement of ventilatory functions /Respiratory health”


ID 1243: “Propolis” and “Antioxidant properties”


ID 1244: “Propolis” and “Antibacterial and Antifungal activities”


ID 1245: “Propolis” and “Antiseptique”


ID 1246: “Propolis” and “throat comfort”


ID 1247: “Propolis” and “Gut health”


ID 1248: “Propolis” and “Immunostimulation”


31 Laboratoires Pierre Fabre, unpublished. Health claim of propolis dry extract - preliminary data about potential health claims - Immune system / Natural defenses / Antibacterial activity.

32 Laboratoires Pierre Fabre, unpublished. Health claim of propolis dry dense alcoholic extract - preliminary data about potential health claims - Immune system / Natural defenses / Antibacterial activity.


ID 1254: “Ready-to-eat breakfast cereals” and “Body weight management”


6 Nederland Voedingscentrum, 1998. This is how the Netherlands eats, results of the Food Consumption Questionnaire 1997-1998.


ID 1255: “Ready-to-eat breakfast cereals” and “Reduction or maintenance of body fat”


Nederland Voedingscentrum, 1998. This is how the Netherlands eats, results of the Food Consumption Questionnaire 1997-1998.


ID 1256: “Acerola” and “Antioxidant activity”


ID 1257: “Banana” and “Antioxidant activity”


**ID 1258: “Guava” and “Antioxidative activity”**


Canada, 5 to 10 a day. For better health, www.5to10aday.com.


New Zealand, 5+ A Day fruits and vegetables, http://www.5aday.co.nz/.


Spain, 5 al dia, http://www.5aldia.com/.


UK, Eat in colour, www.eatincolour.com


USA, Eat a variety of fruits & vegetables every day, www.fruitsandveggiesmatter.gov


ID 1259: “Guava” and “Skin health”

No references provided.

ID 1260: “Kaki” and “Antioxidant activity”


ID 1261: “Kaki” and “Eye health”


ID 1262: “Pitanga” and “Antioxidant activity”

No references provided.

ID 1263: “Pitanga” and “Skin health”

No references provided.

ID 1264: “Purple Grape Juice” and “Antioxidant activity”

No references provided.

ID 1265: “Purple Grape Juice” and “Blood flow/Vascular function”

1 5 al día (Spain), 5 al día, http://www.5aldia.com/.
2 5+ A Day/United Fresh - New Zealand, 5+ A Day fruits and vegetables, http://www.5aday.co.nz/.
13 Canadian Produce Marketing Association, 5 to 10 a day for better health, www.5to10aday.com.
15 Centers for Disease Control and Prevention (USA), Eat a variety of fruits & vegetables every day, www.fruitsandveggiesmatter.gov.


60 Weisburger JH, 1999. Mechanisms of action of antioxidants as exemplified in vegetables, tomatoes and tea. Food and Chemical Toxicology, 37, 943-948.


ID 1266: “Rye flour” and “Rye flour's low glycaemic index”


ID 1267: “Bran” and “Consumption of bran improves digestive function”


ID 1268: “Whole grain” and “Whole grain products' impact on blood cholesterol level”


ID 1269: “Whole grain” and “Consumption of whole grain products increases satiety, prolongs satiety”


ID 1270: “Whole grain” and “Whole grain products low glycaemic index”

ID 1271: “Whole grain and “Consumption of whole grain products improves digestive function”


ID 1272: “Caffeinated carbohydrate containing energy drinks” and “Cognitive performance and mood”


54 EVIRA (Finnish Food Safety Authority), http://www.evira.fi/portal/en/.


genetic polymorphisms, and B vitamins: the Atherosclerosis Risk in Communities (ARIC) study.
Circulation, 98, 204-210.


79 Hackam DG, Peterson JC, Spence JD, 2000. What level of plasma homocyst(e)ine should be treated? Effects of vitamin therapy on progression of carotid atherosclerosis in patients with homocyst(e)ine levels above and below 14 micromol/L. Am J Hypertens, 13, 105-110.


IoM (Institute of Medicine), Dietary references for vitamins and minerals.


SCF (Scientific Committee on Food), 2001. Report on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.

SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Levels of Nicotinic Acid and Nicotinamide (Niacin).


ID 1274: “Camellia sinensis - common name: tea” and “Invigoration of the body”


ID 1275: “Camelia Sinensis (Green Tea)” and “For heart health”


ID 1276: “Camellia sinensis Tea (Green, Oolong and Black Tea)” and “Antioxidant”


ID 1277: “Carbohydrate foods and beverages” and “RECOVERY Enhanced muscle glycogen synthesis. Enhanced recovery”


SCF (Scientific Committee on Food), 2001. Report of the Scientific Committee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.


ID 1278: “Carbohydrate foods and beverages” and “Attenuation of the perception of effort and reduction in pleasure”


ID 1279: “Carbohydrate foods and beverages” and “ENDURANCE. Increased endurance capacity; Increased endurance performance; Delayed Fatigue”


11 SCF (Scientific Committee on Food ), 2001. Report of the Scientific Committee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.


ID 1280: “Catechins – Green tea (camellia sinensis)” and “Eye health”


**ID 1283:** “Foods in general, particularly sugar-free chewing gum, candies, chocolate-type products and other confectionery; soft drinks and sports drinks, flavored water and table top sweeteners” and “Dental health”


ID 1284: “Peanuts, Peanut butter, Peanut oil” and “Helps achieve normal cholesterol levels by reducing blood total and LDL cholesterol and thereby promoting heart health”


40 Nydahl MC, Gustafsson IB, Vessby B, 1994. Lipid-lowering diets enriched with monounsaturated or polyunsaturated fatty acids but low in saturated fatty acids have similar effects on serum lipid concentrations in hyperlipidemic patients. Am J Clin Nutr, 59, 115-122.


ID 1285: “Prunes (Dried plums)” and “Contains antioxidants”


9 UK, 5 a day: Everyday fruit - Examples of portion sizes of everyday fruit, http://www.5aday.nhs.uk/WhatCounts/PortionSizesFruit.aspx.


ID 1286: “Soy” and “Vascular effects including protection from oxidative damage”


ID 1288: “Cranberry (Lingonberry) juice, (Vaccinium vitis idaea, Vaccinium macrocarpon)” and “Urinary tract”


ID 1289: “Beef and beef products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status”


ID 1290: “Chicken and chicken products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status”


ID 1291: “Egg and egg products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status”


ID 1292: “Milk and dairy products” and “Antioxidant to prevent oxidative stress, Proper thyroid function, Maintenance of cellular redox status”


ID 1294: “Water-based products (includes tea, coffee, soft drinks, fruit juices, soups etc.)” and “Hydration, eg. body function, physical and cognitive performance. Adds to fluid intake and supports hydration”


ID 1295: “Bilberry fruits (Vaccinium myrtillus fruit)” and “Eye Health”


ID 1297: “Bilberry fruits (Vaccinium myrtillus fruit)” and “Capillary vessels and vein health”


ID 1299: “Oatbran and oatbran products” and “Blood cholesterol level”


**ID 1300:** “Carbohydrate sources with low glycaemic index (GI <55), e.g. legumes, vegetables, whole grain cereals” and “Blood sugar level, -lipid level and body mass”


Wolever TMS and Mehling C, 2003. Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. Am J Clin Nutr, 77, 612-621.


ID 1301: “Fruits and vegetables” and “Heart and cardiovascular system”


ID 1302: “Extravergin olive oil” and “Blood cholesterol concentrations”


**ID 1305: “Nuts” and “Ipertensione”**

ID 1306: “Antioxidant from processed fruits and vegetables and juices” and “Antioxidant properties”


ID 1308: “Soy lecithin” and “Control of cholesterol”

No references provided.

ID 1309: “Sugar-free chewing gum containing Pirofosfati - Gomma da masticare senza zucchero con pirofosfati (E450i,ii,iii,iv,v) e tripolifosfati (E451)” and “Contrasta la formazione del tartaro. Salute delle gengive”


ID 1310: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Cardio-vascular health”


ID 1311: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Protection of body tissues and cells from oxidative damage”

No references provided.

ID 1312: “Brassicaceae (Cruciferae) (Common Name: Botanical family that include broccoli, couliflower, cabbage, Bruxelles sprouts etc.)” and “Antioxidant activity”


ID 1313: “Vegetables of 5 colors” and “General health. Contribution to a healthy and balanced diet”

2 Spain, 5 al dia, www.5aldia.com
4 Usa, Five a day the color way, www.fruitsandveggiesmatter.gov.
5 Canada, Eat your colors, www.5to10aday.com.
6 New Zealand, 5+ A Day fruits and vegetables, www.5aday.co.nz.


ID 1316: “Olive oil and/or olive pomace oil” and “Health of the cardiovascular system, General population”


ID 1317: “Food Category: Fish  Food: Cultured Sea bass and Gilthead Sea bream Food Component / Nutrient: EPA & DHA Omega 3 Highly Unsaturated fatty acids” and “Cultured Sea bass and Gilthead sea bream are rich in Eicosapentaenoic acid (EPA, C20:5 ω-3) and Docosahexaenoic acid (DHA, C22:6 ω-3) providing more that 1.2 g per 100g of edible muscle (fillet). EPA and DHA are proven to have very important cardio-protective properties reducing the risk from Coronary Heart Disease (CHD) both reducing mortalities among people that have already survived at least one heart attack but also by protecting from heart death in apparently healthy populations.”

3 Baldwin N and Rice R, 2004. Eating long chain omega-3 polyunsaturated fatty acids, as part of a healthy lifestyle, has been shown to help maintain heart health. JHCl/24/04.
9 FDA (U.S. Food and Drug Administration), Qualified claim for Omega-3 Fatty Acids - Coronary Heart Disease.
13 Grigorakis K, 2007. Compositional and organoleptic quality of farmed and wild gilthead sea bream (Sparus aurata) and sea bass (Dicentrarchus labrax) and factors affecting it: A review. Aquaculture, 272, 55-75.


ID 1318: “Honey” and “Antibacterial and antifungal properties . Target Group: For children and adults older than three years old. Excluded Group: Nobody (only person who are allergic)”


ID 1319: “Pomegranate Juice - phenolic compounds (anthocyanins, tannines, ellagic acid)” and “Antioxidant activity. Target group: humans of all ages. Excluded group: due to inadequate data, pregnant women, nursing women, patients over antidepressant medicines (Mirtazapine), antipsychotic medicines (Risperidone, Ketiapine), statines medicines (Simvastatine, atorvastatine), antihypertensive medicines should take doctor’s advice (relative contra-indication)”


ID 1320: “Pomegranate Juice - phenolic compounds (anthocyanins, tannines, ellagic acid)” and “Fights factors which cause atherosclerosis Target group: humans of high risk of vessel atheromatoses. Excluded group: due to inadequate data, pregnant women, nursing women, patients over antidepressant medicines (Mirtazapine), antipsychotic medicines (Risperidone, Ketiapine), statines medicines (Simvastatine, atorvastatine), antihypertensive medicines should take doctor’s advice (relative contra-indication).”


ID 1321: “Honey” and “Antioxidant properties”


ID 1323: “Poisson sauvage” and “Système nerveux. Réduction des risques liés au développement de la maladie d'Alzheimer”

**ID 1324:** “Poisson sauvage” et “Système circulatoire. Source d'oméga 3, hypotenseur réduit les risques de maladie, coronarienne, anti-arthérosclerose, diminue les triglycérides, hypolipidémiant”


**ID 1325:** “Saumon” et “Système circulatoire. Source d’oméga 3, diminue les triglycérides, hypolipidémiant”


**ID 1326:** “Gelée Royale” et “Anti-asthénique. Immunostimulant”


**ID 1327:** “Gelée Royale” et “Anti-inflammatoire”


**ID 1328:** “Gelée Royale” et “Ménopause. Effet oestrogénique”

ID 1329: “Gelée Royale” and “Hypolipidémiant”


ID 1330: “Vitalinea fermented dairy products (low fat/reduced or no-added sugars) enriched with protein, enriched with guar gum” and “appetite”

28 Danone Research, (Unpublished). Submission of a health claim "Reduces appetite feelings".


Fornell C and Larcker DF, 1981. Evaluating structural equation models with unobservable variables and measurement error. Journal of Marketing Research, 18, 39-50.


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**ID 1331: “Water” and “Hydration”**


**ID 1332: “Olive Oil” and “Improves blood lipid profile”**


ID 1333: “Olive Oil” and “reduces oxidative stress.”


FDA (Food and Drug Administration), 2003. Qualified health claim for monounsaturated fat from olive oil and reduced risk of coronary heart disease (CHD).


ID 1334: “Standardized grape seed extract [dry extract from grape seeds of vitis viniferaL. (Vitaceae), solvent of extraction acetone/water 8.5-13.0% proanthocyanidins]” and “antioxidant protection system”


**ID 1338: “Juice Plus® (juice concentrate from fruits and vegetables mixtures)” and “Protection of body tissues and cells from oxidative damage”**


**ID 1339: “Dairy with decrease/absence of lactose” and “Lactose intolerance”**


Start K, 1997. What is a milk-free diet and why is it needed? Prof Care Mother Child, 7, 161, 164.


ID 1340: “Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)” and “Improves renal function”


ID 1341: “Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)” and “Improves hepatic functions”


ID 1342: “Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)” and “Improves mechanical activity of gall-bladder”


ID 1347: “Laminaria (Brown seaweed)” and “Purification”

ID 1349: “Name of Food product: Toasted Sunflower Mix. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Contains antioxidants & promotes healthy skin. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”

1 BNF (British Nutrition Foundation), Minerals, http://www.nutrition.org.uk/home.asp?siteId=43&sectionId=605&subSubSectionId=324&subSectionId=320&parentSection=299&which=2#1173.

ID 1351: “Name of Food product: Club Energise Energy / Energise Energy. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Energy for longer Provide sustained energy rather than a quick burst followed by a slump. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”


ID 1352: “Name of Food product: Sqeez Wild Blueberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Anti aging properties. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”

ID 1354: “Name of Food product: Club Energise Sport (Orange, Blackcurrant, Lemon) / Energise Sport (Orange, Blackcurrant, lemon). Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Aids recovery by reducing muscle damage during exercise. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”


ID 1357: “Name of Food product: Lentil & Bean Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Naturally boost your digestive system. Do benefits relate to a disease risk factor: Yes. Target group: All of the general population including children and adults”


ID 1358: “Name of Food product: Club Energise Sport / Energise Sport (Orange, Blackcurrant, Lemon). Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Ensures better concentration. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”


ID 1360: “Name of Food product: Dairygold Omega-3 Spread. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Dairygold Omega-3 spread contain omega-3 fatty acids (EPA & DHA) which may have a beneficial role to play in the functioning of the brain and can help
maintain a healthy heart. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”


ID 1361: “Name of Food product: Alfalfa Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Naturally good for your heart. Do benefits relate to a disease risk factor: Yes. Target group: All of the general population including children and adults”

1 Fraser GE, 1999. Associations between diet and cancer, ischemic heart disease, and all-cause mortality in non-Hispanic white California Seventh-day Adventists. Am J Clin Nutr, 70, 532S-538S.

ID 1362: “Name of Food product: Brocco Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007:
Yes” and “Health benefits of food: Naturally boosts your immune system. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”


ID 1365: “Name of Food product: Squeez Cranberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Cranberries may be powerful protectors of our gums. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”

ID 1367: “Name of Food product: Olive Biophenols. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: A potent source of antioxidant biophenols for strengthening and balancing of the immune system from free radicals. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”

2 Brunswick Laboratories, Comparison of ORAC Values.

ID 1368: “Name of Food product: Squeez Cranberry and Orange Juice Drink, Squeez Light Cranberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: More recently, emerging research suggests that cranberries may also be powerful protectors of the stomach. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”


ID 1371: “Name of Food product: Cheese. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Ingestion of cheese containing probiotic culture Lb. paracasei NFBC 338 positively influences the healthy balance of the gut microflora. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”


2 No authors listed, (Unpublished). Double blind, parallel group, randomised, placebo controlled trial to assess the use of cheese as an effective system for oral delivery of Lactobacillus paracasei UCC 43338 to the gastrointestinal tract of healthy adults. Department of Medicine, University College, Cork, Ireland.


**ID 1372:** “Name of Food product: chocolate. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Cocoa in chocolate may be a major dietary source of antioxidants. Cocoa flavanols show antioxidative effects and help protect the cells against oxidative stress & help protect from radicals. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”


**ID 1373:** “Name of Food product: Liquid Milk. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: contains Vitamin A which contributes to good eyesight/normal vision. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”

5. SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Level of Vitamin D.

**ID 1374:** “Name of Food product: fermented dairy products. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st
July 2007: Yes” and “Health benefits of food: Enhances natural resistance. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”


ID 1376: “Name of Food product: fermented dairy products. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Healthy Digestion. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”


320


ID 1377: “Apple cider vinegar” and “Digestive health and bowel function”


ID 1378: “Apple cider vinegar” and “Purification”


ID 1379: “Apple cider vinegar” and “Skin health”


ID 1380: “Apple cider vinegar” and “Weight management”


ID 1381: “Brewer’s Yeast” and “Energy metabolism”


ID 1382: “Brewer’s Yeast” and “Cardiovascular health”


ID 1383: “Brewer’s Yeast” and “Nervous system function”


ID 1384: “Brewer’s Yeast” and “Immune system function”

ID 1385: “Brewer’s Yeast” and “Skin health”


ID 1386: “Wheat germ oil” and “Cardiovascular system”


ID 1387: “Wheat germ oil” and “Nervous system”

1 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.

ID 1388: “Wheat germ oil” and “Digestive system”

1 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.

ID 1389: “Wheat germ oil” and “Metabolism”

2 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.
ID 1390: “Wheat germ oil” and “Skin health”

2 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.

ID 1391: “Wheat germ oil” and “Immune system”

1 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.

ID 1392: “Wheat germ oil” and “Fertility”


ID 1393: “Wheat germ oil” and “Antioxidant properties”


ID 1394: “Wheat germ oil” and “Mental health”

1 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.

ID 1395: “Wheat germ oil” and “Menstrual health”

1 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.
ID 1396: “Name of Food product: Club Energise Sport Recovery 20 / Energise Sport recovery 20 mixed berry). Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Recover Faster for Better Sports Performance. High protein drink. Carbohydrate and Protein recovery drink. Do benefits relate to a disease risk factor: No. Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Not suitable for children under 16 years of age or pregnant women. Reasons for excluding these groups: Targeted for specific group - sports people. Should be used in conjunction with an appropriate physical training or exercise program. Should be consumed with a nutritious diet.”

6 SCF (Scientific Committee on Food), 2001. Report on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.

ID 1398: “Milch” and “Beitrag zum Muskelaufbau”


ID 1399: “Stutenmilch, naturbelassen” and “Stutenmilch fördert die Entwicklung der Bifidusflora im Darm, und stimuliert das Immunsystem. Wirksame Inhaltsstoffe sind u.a. Lactoferrin, Lysozym, Immunglobuline (sIgA, sIgM), weitere Enzyme (Amylase, Katalase, Lipase, Peroxydase, Phosphatase, Malat- u”


ID 1401: “Mineralwasser/Kohlensäure” and “Verdauung/Magen-Darm-funktion (Anregung)”


ID 1402: “Mineralwasser/ Hydrogencarbonat (Bicarbonat)” and “Knochen”


ID 1403: “Mineralwasser/Hydrogencarbonat (Bicarbonat)” and “Muskeln/Leistungs-Steigerung”


ID 1404: “Mineralwasser/Natrium-Hydrogencarbonat” and “Blutdrucksenkung”


ID 1405: “Mineralwasser/Kieselsäure (Silizium)” and “Festigkeit des Bindegewebes/Zellgewebes”


ID 1406: “Natürliches Mineralwasser” and “Hautgesundheit”

ID 1407: “Nüsse - Erdnüsse, Haselnüsse, Pekanüsse, Walnüsse und Pistazien, KEINE Paranüsse, Macadamianüsse und Cashewkerne” and “Gewichtsmanagement durch Sättigung (durch Proteine und Ballaststoffe)”


ID 1408: “Rapsöl (einfach ungesättigte Fettsäuren)” and “Einfach ungesättigte Fettsäuren senken im Austausch gegen gesättigte Fettsäuren das Gesamt- und LDL-Cholesterin signifikant. Der LDL/HDL-Quotient sinkt bei einer monoensäurereichen Kost signifikant. Einfach ungesättigte Fettsäuren und Omega-6-Fettsäuren g”


**ID 1409:** “Sauerkraut Saft (milchsauer vergorener Weißkohl (Brassica oleracea var. capitata))” and “D/L-Milchsäure - L(+)Milchsäure regt die Darmperistaltik an”


**ID 1410:** “Very low calorie diet (VLCD) Programme” and “1) Safe and effective weight loss 2) long term weight maintenance”


Appleton and Summerbell, 2004-2005. The Re-Shape Study: to evaluate the effectiveness of a commercial weight loss programme compared to usual care as delivered in a primary care environment. School of Health & Social Care, University of Teesside.


Appleton and Summerbell, 2004-2005. The Re-Shape Study: to evaluate the effectiveness of a commercial weight loss programme compared to usual care as delivered in a primary care environment. School of Health & Social Care, University of Teesside.


Kreitzman S and Coxon A, 1990. Independence of body composition from mode, rate or direction of weight change in women as a result of dieting or regaining weight. Int J Obes, 14, 904.


ID 1411: “Very low calorie diet (VLCD) Programme” and “Reduced hunger”

ID 1412: “Very low calorie diet (VLCD) Programme” and “Burning fat for energy, preserving lean tissue”


ID 1414: “Very low calorie diet (VLCD) Programme” and “Low glycaemic index”

ID 1415: “Rich in dietary fibre ” and “Bowel health and function”

1 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.

2 Food and Drug Administration Modernization Act (FDAMA) of 1997. Title III-Improving Regulation of Food. Sections 301-305.


7 BfEL (Bundesforschungsanstalt für Ernährung und Lebensmittel), 2006. Bundeslebensmittelschlüssel (BLS).


15 DGE (Deutsche Gesellschaft für Ernährung) and GMF (Vereinigung Getreide-Markt- und Ernährungsforschung e.V.), Rundum fit – mit Ballaststoffen, eine Aktion für die Gemeinschaftsverpflegung.


18 DGE (Deutsche Gesellschaft für Ernährung), 2003. DGE-Beratungs-Standards.


20 DGE (Deutsche Gesellschaft für Ernährung), 2004. DGE-Ernährungskreis - Lebensmittelmenge. DGEInfo, 05, 73.


50 JHCI (Joint Health Claims Initiative), 2002. Final report on the proposed generic health claim "People with a healthy heart tend to eat more wholegrain foods as part of a healthy lifestyle".
68 SNF (Swedish Nutrition Foundation), Approval of a risk reduction claim for "A healthy lifestyle and a well balanced diet rich in wholegrain products reduces the risk for (coronary) heart disease. The product X is rich in wholegrains (contains Y% of wholegrain)".


ID 1416: “Rich in dietary fibre ” and “Weight management”


ID 1417: “Meal replacement for weight control (as defined in Directive 96/8/EC energy restricted diets for weight reduction)” and “Safe, effective & healthy weight loss. Greater weight loss than with conventional calorie counting”

342


ID 1418: “Meal replacement for weight control (as defined in Directive 96/8/EC energy restricted diets for weight reduction)” and “Maintenance of weight loss”


ID 1419: “Calcium” and “Cardiovascular system”


ID 1420: “Low sodium/ salt and/or increased potassium” and “Heart health”

2 JHCI (Joint Health Claims Initiative), 2003. Final Technical Report: A process to define and identify well-established health statements / A list of well established nutrient function statements. JHCI/76/03.
4 NHPD (Natural Health Products Directorate) Health Products and Food Branch of Health Canada, Permitted Health Claims. C.R.C., c. 870 (B.01.603).

ID 1421: “Very low calorie diet (VLCD) Programme” and “VLCD/low carbohydrate diets helps to the maintenance of normal blood lipid profile”


4 Westman EC, Yancy WS, Jr., Olsen MK, Dudley T, Guyton JR, 2006. Effect of a low-carbohydrate, ketogenic diet program compared to a low-fat diet on fasting lipoprotein subclasses. Int J Cardiol, 110, 212-216.

ID 1423: “Mediterranean diet” and “Related to cardiovascular health”


ID 1425: “Fruit-rich diet” and “Heart health”


ID 1426: “Fruit-rich diet” and “Weight management via fibre”


ID 1427: “Fruit-rich diet” and “Modulation of glycemic response”


ID 1428: “Vegetable-rich diet” and “Heart health”


ID 1429: “Vegetable-rich diet” and “Weight management via fibre”


ID 1430: “Vegetable-rich diet” and “Modulation of glycemic response”


ID 1431: “Diet rich in whole grain” and “Heart health”

1 FDA (Food and Drug Administration), FDA-Final rule: Food Labeling: Health Claims; fruits, vegetables, and grain products that contain fiber, particularly soluble fiber, and risk of coronary heart disease. Federal Register: April 1, 2009, Volume 2, Title 21, 21CFR101.77.


3 SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.
ID 1432: “Acetyl-l-carnitine” and “Neurological support”


ID 1433: “α-Lactalbumin” and “Functions in neurotransmitter formation”


ID 1434: “Alpha-lipoic-acid” and “Antioxidant properties”


ID 1435: “Alpha-lipoic-acid” and “Metabolism of carbohydrates”


Thirunavukkarasu V, Anitha Nandhini AT, Anuradha CV, 2005. Lipoic acid improves glucose utilisation and prevents protein glycation and AGE formation. Pharmazie, 60, 772-775.


ID 1437: “Amylopectin” and “Carbohydrate metabolism”


ID 1438: “Amylopectin and L-carnitine” and “Carbohydrate and lipid metabolism”


ID 1439: “Antioxidant from processed fruits and vegetables and juices” and “Antioxidant properties”


ID 1440: “Antioxidants” and “Heart health”


ID 1441: “Antioxidant substance” and “Protects against damage caused by free radicals and other reactive oxygen species”

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ID 1445: “Anthocyanins” and “Antioxidant”


ID 1447: “Apple vinegar drink” and “Helps maintain vascular health”


ID 1448: “Astaxanthin from Haematococcus pluvialis” and “Beneficial for eye health”


ID 1449: “Astaxanthin from Haematococcus pluvialis” and “Supports a healthy oxidative balance”


ID 1450: “Astaxanthin from Haematococcus pluvialis” and “Supports a healthy cardiovascular system.”


ID 1451: “Bacterial lysate” and “Immune health”


ID 1452: “Beta-alanine” and “Physical performance”


ID 1453: “Beta-alanine” and “Beta-alanine improves exercise performance”


ID 1454: “Beta-alanine” and “Beta-alanine improves cycling performance”


**ID 1455: “Beta-alanine” and “Beta-alanine reduces muscle fatigue”**


**ID 1456: “Beta-alanine” and “Beta-alanine improves muscle work capacity”**


**ID 1457: “Beta-alanine” and “Beta-alanine increases muscle carnosine stores”**


ID 1458: “Beta-alanine” and “Beta-alanine increases carnosine stores in fast twitch muscle fibres”


ID 1459: “Beta-alanine” and “Beta-alanine increases muscle buffering capacity”


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ID 1468: “Betalains” and “Antioxidant properties”


ID 1469: “Bifidobacterium (BB12) fortified cultured milk (Hodzeko-Amasi)” and “Natural immune function”


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ID 1474: “Bovine colostrum” and “Supports an improvement in exercise performance when combined with regular training”


**ID 1475: “Bovine colostrum” and “Supports an increase in lean body mass when combined with resistance exercise”**


**ID 1476: “Bovine colostrum” and “Supports recovery following intense exercise”**


ID 1477: “Bovine lactoferrin” and “Antimicrobial / antiviral / innate host defense”


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ID 1516: “Conjugated linoleic acid (CLA)” and “Weight management”


**ID 1517:** “Conjugated linoleic acid (CLA)” and “Insulin sensitivity”


**ID 1518:** “Conjugated linoleic acid (CLA)” and “Body Weight management”


**1519: “Conjugated linoleic acid (CLA)” and “Immune health”**


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**ID 1528: “Creatine” and “Brain / Memory / Older people / Parents”**


**ID 1529: “Cystein rich protein hydrolysates” and “Glutathione metabolism”**


ID 1530: “2 - Dimethylaminoethanol hydrogen tartrate” and “For mental energy”


ID 1531: “EAS Creatine (EAS Phosphagen)” and “Increasing Strength”


ID 1532: “EAS Creatine (EAS Phosphagen)” and “Increasing Mass”


**ID 1533: “EAS Creatine (EAS Phosphagen)” and “Increasing Lifting Volume and Performance”**


**ID 1534: “EAS Creatine (EAS Phosphagen)” and “Increasing Power”**


ID 1535: “EAS Creatine (EAS Phosphagen) and “Increasing Work Capacity”


ID 1536: “EAS Phosphagen Elite and “Increasing Strength”


ID 1537: “EAS Phosphagen Elite” and “Increasing Work Capacity”

ID 1538: “EAS Phosphagen Elite” and “Enhancing Training Volume & Intensity”


ID 1539: “EAS Phosphagen Elite” and “Increasing Exercise Thresholds”


ID 1540: “EAS Phosphagen HP” and “Increasing Strength”


ID 1541: “EAS Phosphagen HP” and “Increasing Mass”


ID 1542: “EAS Phosphagen HP” and “Increasing Lifting Volume and Performance”


ID 1543: “EAS Phosphagen HP” and “Enhancing Anaerobic Working Capacity”


485


ID 1544: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Weight management”


ID 1546: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Cardio-vascular health”


ID 1547: “Ester-C” and “Antioxidant properties/Immune health”

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**ID 1553: “Formulated palm and oat oil emulsion” and “Weight management”**


ID 1554: “Gamma Linolenic acid (GLA) from Evening primrose Oil” and “Skin health”


ID 1555: “Glisodin” and “Prevents lactic acid build up, allowing sports people to improve performance”


ID 1556: “Glucomanan” and “Weight management”


ID 1557: “Glucomannan (Konjac)” and “Bowel / colonic function”


ID 1558: “Glucomannan (Konjac)” and “Prebiotic action / Bifidogenic action”


ID 1559: “Glucomannan (Konjac)” and “Reduction of glycemic response”


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**ID 1565: “Glucosamine hydrochloride” and “Joint Health”**


ID 1566: “Glucosinolates” and “Immune health”


ID 1568: “Glutamine” and “Immune health”


ID 1569: “Glutamine” and “Muscle function”


**ID 1570: “Glutamine” and “Mental health”**


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ID 1576: “HMB (B-hydroxy B-methylbutyrate monohydrate)” and “Support exercise recovery”


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**ID 1582: “HMB” and “lean body mass”**


ID 1583: “HMB” and “HMB and training adaptations”


ID 1584: “HMB and HMB/KIC combinations” and “exercise induced muscle breakdown”


ID 1585: “HMB and HMB/KIC combinations” and “muscle recovery after training”


**ID 1586: “HMB and HMB/KIC combinations” and “normal muscle repair”**


**ID 1587: “HMB and HMB/KIC combinations” and “changes in muscle strength during training”**


**ID 1588: “Inositol (Common Names: Inositol, myo-inositol)” and “Cognitive and mental performance”**


ID 1589: “Iron-Micronised microencapsulated ferric pyrophosphate” and “Blood, haemoglobin and energy production”


ID 1590: “Isomalt” and “Low glycemic properties”


**ID 1591: “Isomalt” and “Dental health – General”**


**ID 1593: “Isotonic” and “Ergogenic role in sports and exercise”**


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ID 1595: “Lactic acid bacteria/ Entero coccus faecium” and “Intestinal health”


ID 1596: “Lecithin” and “For metabolism of nervous system”


ID 1597: “Lecithin” and “For fat metabolism”


ID 1598: “L-theanine” and “Relaxation”


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ID 1600: “L-theanine” and “Cognitive function”


ID 1601: “L-theanine” and “Neurological functions”


ID 1602: “L-glutamine” and “Intestinal Health”


ID 1603: “Lutein (Marigold Extract)” and “Required for Macular Pigmentation in the eyes which helps maintenance of healthy eye functions”


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ID 1605: “Lutein” and “Skin health”

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ID 1607: “Lycopene” and “Skin health”


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ID 1612: “Lysine” and “Body tissues”


ID 1613: “Malic acid” and “Muscles/energy”


ID 1614: “Medium Chain Triglycerides (MCT)” and “Weight management”


**ID 1615: “Methionine” and “Lipid metabolism”**


**ID 1616:** “Methylsulfonylmethane (MSM)” and “Joint support”


**ID 1617:** “Methylsulfonylmethane (MSM) in combination with glucosamine HCl” and “Joint support - synergistic effect”


ID 1618: “Moderated sodium carbohydrate-electrolyte drinks” and “Hydration”


ID 1619: “Mycoprotein” and “Cholesterol maintenance”


ID 1620: “Mycoprotein” and “Reduction in calorie content due to increased satiety”


ID 1621: “Natural Palm Oil Carotenones” and “Antioxidant properties/protection of DNA”


ID 1622: “Natural Palm Oil Carotenes” and “Health during pregnancy/Bioavailability”


ID 1623: “Nucleotides” and “Immune health”


ID 1624: “Nucleotides” and “Immune system/exercise stress”


ID 1625: “Nucleotides” and “Gastro-intestinal support”


**ID 1626: “Nucleotides” and “General wellbeing / immunity / digestive health”**


ID 1627: “Omega-3 fatty acids (Hi-EPA) with Glucosamine” and “Joint health”


ID 1628: “Papain” and “Immune health”


ID 1629: “Phenylalanine” and “Mental health”


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ID 1634: “Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)” and “Cholesterol metabolism”

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**ID 1635:** “Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)” and “Prostate health”


**ID 1636:** “Polyphenols from processed fruits and vegetables and juices” and “Antioxidant properties”


ID 1637: “Polyphenols (general and from grape, olive and cacao in particular)” and “Antioxidant properties”


**ID 1638:** “Polyphenols from olive (olive fruit, olive mild waste waters or olive oil)” and “Antioxidant properties”


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ID 1639: “Polyphenols from olive (olive fruit, olive mild waste waters or olive oil)” and “Lipid metabolism”


**ID 1640: “Polyphenols from red wine” and “Antioxidant properties”**


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ID 1642: “Polyphenols derived from red wine” and “Vascular functions”


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**ID 1644:** “Propolis” and “Immune Support Propolis helps to protect cells from free radical damage and helps maintain a healthy immune system through action of high levels of antioxidant bioflavonoids.”


Natarajan K, Singh S, Burke TR, Jr., Grunberger D, Aggarwal BB, 1996. Caffeic acid phenethyl ester is a potent and specific inhibitor of activation of nuclear transcription factor NF-kappa B. Proc Natl Acad Sci USA, 93, 9090-9095.


ID 1645: “Propolis” and “Maintain oral healththrough the presence of high levels of antioxidant bioflavonoids”


ID 1646: “Protein hydrolysate” and “Insulin secretion and blood sugar levels”


36 Standards Australia Ltd, 2007. New yardstick for GI claims


ID 1647: “Quercetin” and “Antioxidant properties”


ID 1648: “Red yeast rice (Monascus Purpureus / Ang-Khak)” and “Cholesterol”


ID 1649: “Rutoside” and “For circulatory system”


ID 1650: “Rye Grass Pollen” and “Maintenance of normal urinary function”


ID 1652: “Silica / Silicious earth” and “Essential part of the connective tissues, skin and hair”


ID 1653: “Sodium bicarbonate” and “Supports an optimal pH environment in the stomach”


ID 1654: “Soy Isoflavones” and “Menopause”

1 Program of symposium 13-14 may. 2009. Symposium on Efficacy and Safety of Isoflavones for Climacteric Women, Milan, Italy.


No authors listed, 2001. What we still don't know about soy. Harvard women's health watch, 8, 1-3.


No authors listed, 2007. The not-soy-good results. Soy protein and isoflavones haven't held up well in clinical trials, but there's still a place for soy in our diets. Harv Health Lett, 32, 6.


56 Campos MG, Matos MP, Câmara MT, Cunha MM, 2007. The variability of isoflavones in soy seeds and the possibility of obtaining extracts for over the counter tablet preparations that can be standardized. Industrial Crops & Products, 26, 85-92.


CKF (Commissie Keuring Fytoproducten), 2007. Master file Soy Isoflavones (Glycine max).


FSA (Food Standards Agency UK), 2003. Phytoestrogens and Health.


ID 1655: “Soy Isoflavones” and “Bone health and soy foods”


DFG (Senatskommission zur Beurteilung der gesundheitlichen Unbedenklichkeit von Lebensmitteln), 2006. Isoflavone als Phytoestrogene in Nahrungsergänzungsmitteln und diätetischen Lebensmitteln für besondere medizinische Zwecke.


ID 1656: “Standardised Potato Extract” and 2Satiety/Weight management/Promotion of CCK release and soy foods”


659


ID 1657: “Stearic acid” and “Lipid metabolism”


ID 1658: “Taurine” and “Antioxidant properties”


ID 1659: “Taurine” and “Cognitive function/Mental health”


ID 1660: “Taurine” and “Ergogenic role in sports and exercise”
ID 1661: “Taurine” and “For cardiovascular system health”


ID 1662: “Tomato extract containing lycopene” and “Maintains cardiovascular health”


The Research Institute of Public Health - University of Kuopio - Finland, Lycopene and heart diseases, http://www.uku.fi/nutrition/epidemiologists/lycopene.htm

Torbergsen AC and Collins AR, 2000. Recovery of human lymphocytes from oxidative DNA damage; the apparent enhancement of DNA repair by carotenoids is probably simply an antioxidant effect. Eur J Nutr, 39, 80-85.


**ID 1663: “Tomato extract containing lycopene” and “Antioxidant properties/cell and DNA protection”**


Astley SB and Elliott RM, 2005. How strong is the evidence that lycopene supplementation can modify biomarkers of oxidative damage and DNA repair in human lymphocytes? J Nutr, 135, 2071S-2073S.


Torbergsen AC and Collins AR, 2000. Recovery of human lymphocytes from oxidative DNA damage; the apparent enhancement of DNA repair by carotenoids is probably simply an antioxidant effect. Eur J Nutr, 39, 80-85.


**ID 1664: “Tomato extract containing lycopene” and “ Maintains prostate health”**


Torbergsen AC and Collins AR, 2000. Recovery of human lymphocytes from oxidative DNA damage; the apparent enhancement of DNA repair by carotenoids is probably simply an antioxidant effect. Eur J Nutr, 39, 80-85.


ID 1665: “Tomato extract containing lycopene” and “Maintains skin health”


5 Bohm V and Bitsch R, 1999. Intestinal absorption of lycopene from different matrices and interactions to other carotenoids, the lipid status, and the antioxidant capacity of human plasma. Eur J Nutr, 38, 118-125.


50 Torbergsen AC and Collins AR, 2000. Recovery of human lymphocytes from oxidative DNA damage; the apparent enhancement of DNA repair by carotenoids is probably simply an antioxidant effect. Eur J Nutr, 39, 80-85.


ID 1666: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “Antioxidant combination, for antioxidant protection system”


ID 1667: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “For cardiovascular health”


ID 1668: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “Skin anti-ageing agent”


ID 1669: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “For skin health”


ID 1670: “Troxerutin” and “Vascular health”

Adam BS, Pentz R, Siegers CP, Strubelt O, Tegtmeier M, 2005. Troxerutin protects the isolated perfused rat liver from a possible lipid peroxidation by coumarin. Phytomedicine, 12, 52-61.


ID 1671: “Tryptophan” and “Mental and nerve function”


ID 1672: “Tyrosine” and “Cognitive function/Mental health”


ID 1673: “Vitamins, minerals, trace elements and standardized ginseng G115 extract (Pharmaton capsules, film coated tablets, effervescent)” and “Mental performance”


ID 1674: “Vitamins, minerals, trace elements and standardized ginseng G115 extract (Pharmaton capsules, film coated tablets, effervescent)” and “Energy metabolism”


ID 1675: “Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi)” and “Nutritional support (for children and adults) in case of unbalanced nutrition”


ID 1676: “Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi)” and “Nutritional support after illness”


ID 1677: “Vitamins, minerals, lysine and/or arginine and/or taurine” and “Nutritional support to help mental performance”


ID 1679: “VitaGrape® Grape Seed Extract 95% OPC” and “Excellent source of oligoremic proanthocyanidins that have been associated with the reduction of oxidative stress.”


Zhang XY, Bai DC, Wu YJ, Li WG, Liu NF, 2005. Proanthocyanidin from grape seeds enhances antitumor effect of doxorubicin both in vitro and in vivo. Pharmazie, 60, 533-538.


**ID 1680:** “Wheat dextrin” and “Bowel health/digestive health/bowel movement”

5. Slavin JL, Dietary fiber and Irritable Bowel Syndrome (submitted).

**ID 1681: “Wheat dextrin” and “Bowel health/SCFA production”**

5. Slavin JL, Dietary fibre and irritable bowel syndrome.

**ID 1682: “Wheat dextrin” and “Heart Health”**


ID 1683: “Whey Protein Milk Mineral Complex” and “Weight management”


ID 1684: “Zeaxanthin” and “Eye health and vision”


Effect of 6 Month Lutein Supplementation on Macular Pigment Levels, Measured by Two Methods, Fundus Autofluorescence & Heterochromatic Flicker Photometry. Invest Ophthalmol Vis Sci, 47.


intervention of atrophic age-related macular degeneration: the Veterans LAST study (Lutein Antioxidant Supplementation Trial). Optometry, 75, 216-230.


ID 1685: ”Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Musklernas funktion”


**ID 1686: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Inverkan på mag- och tarmhälsa”**


**ID 1687: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Inverkan på hudens egenskaper”**


ID 1688: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Spermiernas funktion”


ID 1689: “Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis” and “Immunsystemet”


ID 1690: “Alfa-galattosidasi” and “Digestion”

No references provided

ID 1692: “Bioalfa plus e biogenina, associati a sostanze antiossidanti (quercitina, zinco e rame) [1]” and “Interazione con ossidanti”


ID 1693: “Bioflavonoids” and “Trofismo venoso. Azione antiossidante”


ID 1696: “hydroxytyrosol simple phenol; oleuropein complex polyphenol belonging to ai secoiridoids” and “Antioxidant activity, they protect body cells and LDL from oxidative damages”

No references provided

ID 1695: “Dimetilsolfone” and “Trofismo della cute e annessi”

1 Rinaldi F, 2004. Studio pilota per la valutazione di efficacia di un integratore a base di poliamina e metilsulfone per la terapia delle onicodistrofie comuni.

ID 1697: “Lattasi (beta-galattosidasi)” and “Digestion”

No references provided

ID 1698: “Melatonine” and “Ritmo sonno-veglia”


ID 1700: “Monascus purpureus” and “Controllo dei livelli ematici di colesterolo”

ID 1701: “Phaseolamine (proteina concentrata di fagiolo Phaseolus vulgaris)” and “Inibisce l’attività dell’enzima α-amilasi, ostacolando in tal modo la trasformazione dei carboidrati complessi in zuccheri semplici, i quali vengono immagazzinati come grassi di deposito se non utilizzati subito dall'organismo. Ne risulta una diminuzione”


ID 1703: “Royal jelly” and “Reconstituent and tonic”

2 Malossi C and Grandi F, 1956. Osservazioni sulla gelatina reale nell'alimentazione degli immaturi. 10 convegno nazionale per lo studio dell'applicazione dei prodotti delle api nel campo medico-biologico, Bologna, Italy.

ID 1704: “Soy Isoflavones” and “Attività estrogenica. Rinnovamento cutaneo”


Campos MG, Matos MP, Câmara MT, Cunha MM, 2007. The variability of isoflavones in soy seeds and the possibility of obtaining extracts for over the counter tablet preparations that can be standardized. Industrial Crops & Products, 26, 85-92.


CKF (Commissie Keuring Fytoproducten), 2007. Master File Soy Isoflavones (Glycine max).


No authors listed, 2000. Is there a difference between soy foods and soy supplements? Johns Hopkins Med Lett Health After 50, 12, 8.

No authors listed, 2001. What we still don't know about soy. Harvard women's health watch, 8, 1-3.


No authors listed, 2007. The not-soy-good results. Soy protein and isoflavones haven't held up well in clinical trials, but there's still a place for soy in our diets. Harv Health Lett, 32, 6.


ID 1705: “Spermidina 3HCL[4]” and “Trofismo della cute e annessi, ciclo di vita dei capelli”

1 No authors listed, 2004. A prospective. Double-blind, randomized, parallel groups, investigative study, to assess the effect of Bioscalin® cps (Biogenia® based food-supplement) in subjects affected by telogen effluvium. GIU-BIOSC-01-00.


ID 1706: “squalene idrocarburo” and “Antioxidant activity, protection of body tissue and skin from oxidant agents (UV rays)”


ID 1707: “Teanine” and “Cognitive function”


ID 1708: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Protection of body tissues and cells from oxidative damage”

No references provided

ID 1710: “5-methyl tetra-hydrofolate” and “Prevention of folic acid deficiency in vulnerable individuals”


**ID 1711: “Amino acids” and “Stimulate protein synthesis”**


**ID 1712: “Arginine” and “For muscle integrity and haematopoiesis (red blood cells building)”**


**ID 1713: “Arginine” and “For immune system functions”**


**ID 1714: “Ascorbic acid” and “Respiratory health”**


**ID 1715: “Ascorbic acid, sodium salt” and “Respiratory health”**


**ID 1716: “Bonito protein peptide” and “Natural Blood Pressure Support”**


ID 1717: “Chlorophyllin [Sodium copper chlorophyllin] and “Relief for Gastric Discomfort”


ID 1718: “choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid)” and “Maintenance and promotion of healthy connective tissue in bone by stimulating bone collagen synthesis. Healty women and men.”


ID 1719: “choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid)” and “Helps support hair quality by helping to maintain healthy connective tissue in the dermis. Healthy women and men.”


ID 1720: “Co-Enzyme Q 10” and “For physiological energy”


ID 1721: “Co-Enzyme Q 10” and “For maintenance and promotion of heart health”


ID 1722: “Copper enriched Saccharomyces cerevisiae ATY-SC-108” and “Connective tissues”


ID 1723: “Copper enriched Saccharomyces cerevisiae ATY-SC-110” and “Neurological system structure and function”


ID 1724: “Copper enriched Saccharomyces cerevisiae ATY-SC-108” and “Skin and hair pigment”


ID 1725: “Copper enriched Saccharomyces cerevisiae ATY-SC-112” and “Immune System”


ID 1726: “Copper enriched Saccharomyces cerevisiae ATY-SC-108” and “Protection of body tissues and cells from oxidative damage”


ID 1727: “Copper enriched Saccharomyces cerevisiae ATY-SC-108” and “Transport and metabolism of iron”


ID 1728: “Copper enriched Saccharomyces cerevisiae ATY-SC-115” and “Bioavailability of minerals with enriched yeasts”


ID 1729: “Copper enriched Saccharomyces cerevisiae ATY-SC-116” and “Energy metabolism”


ID 1730: “Glycerol” and “Respiratory health”


ID 1731: “Hyaluronic acid / Sodium Hyaluronate” and “Joint Health”


ID 1732: “Inositol” and “Nervous system function”


ID 1737: “L-Theanine” and “Relaxation”

ID 1741: “Methylsulfonyl-methane (MSM)” and “Anti-aging”

No references provided.

ID 1742: “Milk fat globule membrane/Milk phospholipids” and “Digestive system”


**ID 1743: “Milk fat globule membrane/Milk phospholipids” and "Immune system"**


**ID 1745:** “N-acetyl-l-cysteïne” and “Glutathione metabolism”


**ID 1746:** “Para-aminobenzoic Acid” and “Essential part of the connective tissues, skin and hair”


**ID 1747:** “Policosanol / Blend of aliphatic alcohols - consisting primarily of 1-Octacosanol, 1-Triacontanol, 1-Tetracosanol and 1-Hexacosanol - from sugar cane (Saccharum officinarum).” And “Cholesterol”


**ID 1748:** “Policosanol [from sugarcane wax (Saccharum officinarum)]” and “Support for Healthy Blood Lipid Levels”


ID 1750: “Selenomethionine enriched Saccharomyces cerevisiae ATY-SC-107“ and “Natural defenses / Immune system”
ID 1751: “Selenomethionine enriched Saccharomyces cerevisiae ATY-SC-107” and “Protection of body tissues and cells from oxidative damage”


ID 1755: “Zinc and copper enriched Saccharomyces cerevisiae ATY-SC-109” and “Bioavailability of minerals with enriched yeasts”


ID 1756: “Zinc and copper enriched Saccharomyces cerevisiae ATY-SC-109” and “Bone formation”


ID 1757: “Zinc and copper enriched Saccharomyces cerevisiae ATY-SC-109” and “Immune System”


ID 1758: “Zinc and copper enriched Saccharomyces cerevisiae ATY-SC-109” and “Protection of body tissues and cells from oxidative damage”


**ID 1759:** “Zinc and copper enriched Saccharomyces cerevisiae ATY-SC-109” and “DNA synthesis / cell division”

Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.


**ID 1760:** “Zinc carnosine” and “Zinc carnosine”


ID 1762: “D- Tagatose (ingredient not found in the spanish food laws)” and “Postprandial blood glucose”


ID 1763: “Hesperidin (a component of citrus peel extract and precursor of hesperitin) (ingredient not found in the spanish food laws)” and “Cardiovascular health”


ID 1764: “Hesperidin (a component of citrus peel extract and precursor of hesperitin) (ingredient not found in the spanish food laws)” and “Bone health”


ID 1765: “Standardized grape seed extract [dry extract from grape seeds of vitis vinifera L. (Vitaceae), solvent of extraction acetone/water 8.5-13.0% proanthocyanidins]” and “Antioxidant protection system”


ID 1767: “Antler” and “Cardiovascular health”

ID 1768: “Gamma-aminobutyric acid (GABA)” and “Mental health”


5 Martin IL and Dunn SMJ, 2002. GABA receptors. Tocris Reviews, 20, 8.

ID 1769: “Gamma-linolenic acid” and “Function of the cell membrane”

1 Agriculture and Agri-Food Canada, 2006. Gamma-Linolenic Acid: Healthy Canadian Ingredient. AAFC No. 10057E.


ID 1770: “Gamma-linolenic acid” and “Cognitive and mental health”

1 Agriculture and Agri-Food Canada, 2006. Gamma-Linolenic Acid: Healthy Canadian Ingredient. AAFC No. 10057E.


ID 1771: “Gamma-linolenic acid” and “Vascular health”


ID 1772: “Gamma-linolenic acid” and “Immune health”

1 No authors listed, GLA: a safe and effective anti-inflammatory omega-6 fatty acid. EduFacts, 7, 1-3.

ID 1773: “Gamma – linolenic acid” and “Hormonal regulation”

1 Agriculture and Agri-Food Canada, 2006. Gamma - Linolenic Acid: Healthy Canadian Ingredient. AAFC No. 10057E.

ID 1774: “Gamma-linolenic acid” and “Bone health”


ID 1775: “Gamma – linolenic acid” and “Menstrual health”


ID 1776: “Glucosamine” and “Natural defences”

ID 1777: “Lecithin” and “Function of the cell membrane”

ID 1778: “Lecithin” and “Immune health”

ID 1779: “Lutein” and “Antioxidant activity”
ID 1780: “Melatonin” and “Relaxation”


ID 1781: “Pancreatic enzymes” and “Digestive function”


ID 1783: “Rutin” and “Vascular health”


ID 1784: “Rutin” and “Antioxidant properties”

ID 1785: “Superoxide dismutase” and “Antioxidant activity”


ID 1787: “Anthocyanidines + proanthocyanidines” and “Cardiovascular system”


ID 1788: “Anthocyanidines + proanthocyanidines” and “Blood fat levels”


ID 1789: “Anthocyanidines + proanthocyanidines” and “Carbohydrate metabolism and insulin sensitivity”


ID 1790: “Anthocyanidines + proanthocyanidines” and “Gut health”


ID 1791: “Anthocyanidines + proanthocyanidines” and “Eyes”


ID 1792: “Beta-glucan (WGP)” and “Immunity”

757


ID 1793: “Beta-glucan + olive leaf extract” and “Immunity”


ID 1794: “Boswellia + shark cartilage extract” and “Joints”


ID 1795: “Buffering salts (calcium carbonate + magnesium oxide)” and “Gut health”


ID 1796: “Carotenoids (alpha, beta and gamma carotene, lycopene)” and “Skin”


ID 1797: “Chlorella algae (Chorella pyrenoidosa)” and “Antioxidativity”


ID 1799: “Citrus bioflavonoids” and “Joints”


ID 1800: “Epigallocatechin gallate (ECGC) + caffeine” and “Weight control”


ID 1801: “Fenugreek + alpha-lipoic acid + chrome” and “Carbohydrate metabolism and insulin sensitivity”


ID 1802: “Fenugreek + alpha-lipoic acid + chrome” and “Blood lipid levels”


**ID 1803: “Fermented whey” and “Gut health”**


**ID 1804: “Flavonoids in cranberry juice” and “Antioxidativity”**


**ID 1805: “Flavonoids from green tea, apple and onion” and “Antioxidativity”**


ID 1806: “Flavonoids from green tea, apple and onion” and “Weight control”


34 Urios P, Grigorova-Borsos AM, Sternberg M, 2007. Flavonoids inhibit the formation of the cross-linking AGE pentosidine in collagen incubated with glucose, according to their structure. Eur J Nutr, 46, 139-146.


ID 1808: “Flaxseed husk extract/lignans” and “Antioxidativity”


ID 1810: “Floral pollen + fermented pollen + royal jelly” and “Bone”


ID 1813: “Green-lipped mussel (Perna canaliculus)” and “Musculoskeletal system”


ID 1814: “Herbal yeast plasmolycate (saccharomyces cerevisiae)” and “Absorption of nutrients”

ID 1815: “Herbal yeast plasmolyate (Saccharomyces cerevisiae)” and “Physical performance and condition”


ID 1816: “Herbal yeast plasmolyate (Saccharomyces cerevisiae)” and “Mental state and performance”


ID 1817: “Herbal yeast plasmolyate (Saccharomyces cerevisiae)” and “Immunity”


ID 1818: “Lactase enzyme” and “Digestion”


ID 1819: “Lactium-peptide compound” and “Mental state and performance”


ID 1820: “L-arginine hydrochloride” and “Physical performance and condition”


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ID 1821: “L-carnitine” and “Energy metabolism”


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ID 1822: “L-carnitine” and “Sexual organs, hormone activity”


**ID 1823:** “L-carnitine + green tea extract” and “Weight control”


ID 1824: “L-carnosine” and “Physical performance and condition”


ID 1825: “L-carnosine” and “Skin”


ID 1826: “L-carnosine” and “Cardiovascular system”


ID 1827: “Lycopene” and “Eyes”


ID 1828: “L-5 hydroxytryptophan” and “Mental state and performance”

ID 1829: “Mycelium, biologically activated (contains ACHH, active hemicellulose compound)” and “Immunity”


ID 1831: “Peptides (milk products fermented with L. helveticus lactic acid bacteria)” and “Cardiovascular system”


Masuda O, Nakamura Y, Takano T, 1996. Antihypertensive peptides are present in aorta after oral administration of sour milk containing these peptides to spontaneously hypertensive rats. J Nutr, 126, 3063-3068.


ID 1832: “Peptides (isoleucine-proline-proline, IPP + valine-proline-proline, VPP)” and “Cardiovascular system”


ID 1833: “Phenol compounds of cranberry and lingonberry (catechins, flavonoids, phenolic acids, anthocyanins, lignans) + ascorbic acid” and “Antioxidativity”


ID 1834: “Phospholipids” and “Immunity”


ID 1835: “Phospholipids” and “Mental state and performance”


ID 1837: “Pollen + Royal Jelly” and “Sexual organs and/or hormone activity”


ID 1838: “Royal Jelly + pollen” and “Immunity”


ID 1839: “Pollen pistil extract + SOD” and “Mental state and performance, antioxidativity”


ID 1840: “Pollen pistil extract + SOD” and “Physical performance and condition”


ID 1841: “Proanthocyanidins in cranberry juice” and “Urinary tract”

1 From tradition to 36 mg PAC per day measured byDMAC.

2 AFSSA (Agence Française de Sécurité Sanitaire des Aliments), 2004. Opinion from the French national food safety agency relative to the evaluation of justifications concerning the claim "helps to reduce the fixation of certain E.coli bacteria on the walls of urinary tracts and on the use of "cranberry" or "Vaccinium macrocarpon" in concentrated juices, food additives and a juice cocktail/nectar. Afssa Referral N°2003-SA-0352.

3 AFSSA (Agence Française de Sécurité Sanitaire des Aliments), 2007. Formal opinion of the AFSSA (French Agency for Food Safety) relating to the evaluation of the evidence concerning the extension of the claim “helps decrease the adherence of certain E. coli bacteria to the walls of the urinary tract” to the use of cranberry, or “Vaccinium macrocarpon”, in fresh and frozen cranberries, cranberry sauce, sweetened dried cranberries and flavoured sweetened dried cranberries. Afssa Petition N° 2006-SA-0256.


ID 1842: “Protease, lipase and other enzymes that break down carbohydrates” and “Digestion”


ID 1844: “Quercetin” and “Cardiovascular system”


ID 1845: “Quercetin” and “Mental state and performance”


ID 1846: “Quercetine” and “Liver, kidneys”


ID 1850: “Sea buckthorn oil and flavonoids extracted from sea buckthorn berries” and “Antioxidativity”


ID 1851: “Shark liver oil/alkylglycerol” and “Immunity”


ID 1852: “Shark cartilage” and “Joints, supportive tissue”


ID 1853: “Shark cartilage” and “Joints”


ID 1854: “Shark cartilage, powder and extract” and “Immunity”

ID 1855: “Shark cartilage + greenshell mussel” and “Joints”


ID 1857: “Sodium bicarbonate + wine acid + anhydrous citric acid + sodium carbonate” and “Gut health”


ID 1858: “Spirulina alga” and “Weight control”


ID 1859: “Soy isoflavones + lycopene + zinc + selenium + vitamin D + vitamin E + vitamin C” and “Sexual organs and/or hormone activity”


ID 1860: “Soy + magnesium + calcium + zinc + manganese + copper + vitamin B6 + vitamin D + vitamin K” and “Bone”


ID 1864: “Sugar cane extract” and “Cardiovascular system”


ID 1865: “Theanine + oat shoot extract” and “Mental state and performance”


ID 1867: “Spirulina” and “Antioxidative”


ID 1868: “Sodium alginate and ascophyllum nodosum” and “Alginate can reduce the activity of digestive enzymes and reduce glucose absorption. Polyphenols found in ascophyllum nodosum inhibit enzyme activity and reduce the glycaemic load of meals”


ID 1869: “Glucosamine sulfate” and “Glucosamine sulfate possesses antiinflammatory activity”


ID 1871: “Name of Food product: Product-specific claim: sodium alginate, n-acetyl cysteine and piperine. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate binds heavy metals, stimulates mucin production and protects the colon. N-acetylcysteine detoxifies and removes heavy metals. Piperine increases the bioavailability of n-acetylcysteine. Do benefits relate to a disease ri”


**ID 1872: “Ipriflavone” and “Ipriflavone supresses bone resorption”**


**ID 1873: “Name of Food product: Product-specific claim: sodium alginate and ulva. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate and ulva bind toxins, mutagens and heavy metals.”**
metals. They can also stimulate and increase colonic mucin production and thicken the colonic mucosa and protect the colon from harmful substances. Do benefits relate to a disease”


**ID 1874:** “Methylsulfonyl/methane (MSM)” and “To help strengthen hair, skin and nails”


**ID 1875:** “Olivenol livin' BEGIN” and “A potent source of antioxidant”

ID 1877: “Olive Biophenols” and “A potent source of olive biophenols with strong anti-bacterial properties”


ID 1878: “Olive Biophenols” and “A potent source of olive biophenols that have anti-UV damage properties”


ID 1879: “Name of Food product: gelatin & cystine. Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No” and “Health benefits of food: healthy hair, skin and nails. Do benefits relate to a disease risk factor: No Target group: All adults aged 18 years and over”


ID 1880: “Name of Food product: Triphala. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Triphala has a strong antioxidant effect. Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Pregnant, lactating women and children. Reasons for excluding these groups: These groups of people should avoid taking Triphala just as they should avoid taking any unnecessary supplements due to being vulnerable populations.
Triphala is not suitable during pregnancy as its "downward flowing" energy is believed to favour miscarriage

ID 1881: “Name of Food product: Product-specific claim: Sodium alginate and ascophyllum nodosum. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate can reduce the activity of digestive enzymes and reduce glucose absorption. Polyphenols found in ascophyllum nodosum inhibit enzyme activity and reduce the glycemic load of meals. Do benefits relate to a disease risk factor: Yes. Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Pregnant, lactating women and children. People with brittle bones or calcium deficiency. Reasons for excluding these groups: Sodium alginate may decrease the absorption of calcium if taken concomitantly therefore it should be avoided by pregnant, lactating women and children and those with brittle bones or calcium deficiency.”


ID 1882: “Name of Food product: Olive Biophenols. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: A potent source of olive biophenols with anti-inflammatory properties. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”

1 American Chemical Society Meeting, Health benefits of an Olive Extract.
ID 1884: “Name of Food product: Product-specific claim: sodium alginate, HCA and piperine. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate forms a gel in the stomach and promotes an immediate feeling of satiety. It may also trap a portion of HCA. Piperine increases the bioavailability of the un-trapped HCA and enhances satiety. Do benefits relate to a disease risk factor: No

Target group: Adults aged 18 years and over with some exceptions If exceptions describe: Pregnant, lactating women and children. Also those with calcium deficiency or brittle bones. Reasons for excluding these groups: HCA can influence the body’s own production of cholesterol and therefore it may influence indirectly the production of sterols. Pregnancy is a time of extreme sensitivity to steroid hormones so HCA should be avoided and also during lactation. Sodium alginate may decrease the absorption of calcium if taken concomitantly therefore it should be avoided by pregnant, lactating women, children and those with brittle bones or calcium deficiencies.”


ID 1887: “Chlorella algae (Chlorella pyrenoidosa)” and “Purifiant, capacité à absorber les toxins”


ID 1889: “Colostrum bovin” and “Système digestif Combat la colite, la diarrhée”


ID 1890: “Colostrum bovin” and “Anti-asthénique”


ID 1891: “Colostrum bovin” and “Système immunitaire”


ID 1892: “Coquille d'huître” and “Cycle mensyesl, Soulage les PMS (PreMenstrual Syndrome)”


ID 1893 : “Coquille d'huître” and “Cholestérol Hypolipidémiant”


ID 1894: “Laitance de poisson” and “Système nerveux”


ID 1895 : “Foie de chimère” and “Système immunitaire”


ID 1896: “Foie de morue” and “Stimule la croissance. Favorise le développement”


ID 1899: “Lycopenes from tomato pulp and sauces” and “Antioxidant Properties”


ID 1900: “Polyphenols from processed fruits and tea” and “Antioxidant Properties (namely reduces cellular oxidative stress)”


2 No authors listed, Scientific Report: Tea and antioxidant properties.

ID 1901: “Polyphenols and vitamins from pomegranate extract “ and “Antioxidant and anti - ageing properties”


ID 1902: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity. In healthy people;”


ID 1903: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity. In people with irritable bowel syndrom:”


ID 1904: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity. In people receiving total or supplemental enteral nutrition”


ID 1905: “D-Tagatose” and “Intestinal health”


ID 1906: “Fat-reduced cream powder (rich source of milk phospholipids)” and “Gastrointestinal health”


ID 1907: “Naringin (a component of citrus peel extract and precursor of naringenin)” and “Bone health”


ID 1908: “Diosmin (a component of citrus peel extract and precursor of diosmetin)” and “Vascular health”


Bouskela E and Donyo KA, 1997. Effects of oral administration of purified micronized flavonoid fraction on increased microvascular permeability induced by various agents and on ischemia/reperfusion in the hamster cheek pouch. Angiology, 48, 391-399.


ID 1910: “WGP beta-glucan;(WGP® (1,3)-b-D-glucan);(from Saccharomyces cerevisiae)” and “Immune system”


ID 1911: “Coenzyme Q10;ubiquinone” and “Blood pressure”


ID 1912: “Coenzyme Q10; ubiquinone” and “Energy production, muscle function”


ID 1913: “Coenzyme Q10;(Ubiquinone)” and “Physical activity”


ID 1914: “Lutein;/Zeaxanthin” and “Antioxidant”


ID 1915: “L-lysine” and “Bones”


ID 1916: “L-Methionine” and “Epidermic tissue”

ID 1917: “Antioxidants” and “Skin Anti-ageing”


ID 1918: “Astaxanthin from Haematococcus pluvialis” and “Beneficial for connective tissue and joints”

1 FSA (Food Standard Authority), 2007. Request for an opinion on substantial equivalence of Astaxanthin-rich extract from Haematococcus Pluvialis algae 7-13 March.


3 Lorenz RT and Cysewski GR, 2001. Method of retarding and ameliorating carpal tunnel syndrome, US 6258855

ID 1919: “Astaxanthin from Haematococcus pluvialis” and “


ID 1920: “Bioflavonoids” and “An antioxidant function to help support the immune system”


ID 1921: “Chlorophyll in sprouted seed” and “Naturally occurring antioxidants directly neutralise free radicals”


ID 1922: “Creatine” and “Increasing Performance”

1 AFSSA (Agence Française de Sécurité Sanitaire des Aliments), 2000. An assessment of the risks of creatine on the consumer and of the veracity of the claims relating to sports performance and the increase of muscle mass.


SCF, 2001. Report on Scientific Commitee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sports men SCF/CS/NUT/SPORT/5 Final (corrected)


ID 1923: “Creatine” and “Increasing Power”


SCF (Scientific Committee on Food), 2001. Report on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sports men SCF/CS/NUT/SPORT/5 Final (corrected)


ID 1924: “EAS Creatine (EAS Phosphagen)” and “Increasing time to exhaustion”


ID 1926: “Homotaurine” and “Enhancing memory and cognitive function”


ID 1927: “Lacprodan PL-20; Milk protein concentrate with a high content of phospholipids. (Effective component: Phosphatidyl serine)” and “Stress reduction. Enhanced memory function”


ID 1928: “L-Tyrosine” and “L-tyrosine is the ultimate precursor of neurotransmitters”


ID 1929: “L-Tyrosine” and “Essential for muscle function and for optimal muscle contraction”


ID 1930: “L-Tyrosine” and “Involved in energy production”


ID 1932: “Sodium Hyaluronate” and “Related to joint health”

3 Bioibérica, 2005. Study of the effects of hyal-joint and hyaluronic acid on endogenous hyaluronic acid synthesis from synoviocytes. Rheumatology Service Research Unit. Hospital Juan Canalejo, La Coruña, Spain.
12 Ogston AG and Stanier JE, 1953. The physiological function of hyaluronic acid in synovial fluid; viscous, elastic and lubricant properties. J Physiol, 119, 244-252.


ID 1933: “Mung bean (Vigna Radiata)” and “Menopause”


ID 1934: “Sulphoraphane Glucosinolate” and “Enhancing anti-oxidant activity. Reduces the amount of oxidative stress or cell destruction caused by free radicals.”


ID 1935: “L-Theanine” and “Physiological antagonistic against caffeine”


ID 1936: “Apple Flavan-3-ols” and “Helps to maintain Vascular health”


ID 1937: “CLA (conjugated linoleic acid)” and “Antioxidant capability”


ID 1938: “Activated charcoal” and “Gastro-intestinal health”


ID 1939: “Cryptoxanthin from orange juice” and “Maintenance of immune system”


ID 1940: “Anthocyans from elderberry juice” and “Antioxidant capability”

ID 1941: “Antioxidants from pomegranate juice” and “Oxidative stress control”


ID 1942: “Lycopenes from tomato juice” and “Oxidative stress control”


ID 1944: “Beta-glucan of Saccharomyces cerevisiae” and “Immune health”


ID 1945: “Monométhylsilanetriol: other substance with nutritionnal or physiological effects” and “Bioavailable Silicon form. Silicon is an essential element for normal structure of connective tissues such as skin, hair, joints, bone and blood vessels”


12 SEDIFA, 1999. Etude de l'effet des injections intradermiques répétée d'une solution aqueuse stérile à 0.5% de monométhyltrisilanol orthohydroxybenzoate de sodium, conjonctyl, sur la correction esthétique des rides du visage.

ID 1946: “Adenosine triphosphate (ATP)” and “Muscular and nervous system”


ID 1947: “Tocophérols” and “Antioxydant”


ID 1948: “Caroténoïdes” and “Antioxydant”


ID 1949: “Taurine” and “fonctionnement musculaire”


ID 1950: “Collagen” and “Skin health”


ID 1951: “Policosanols” and “Cholesterol”


ID 1952: “Green Clay” and “Digestive health”


ID 1953: “Melatonin” and “Sleep-wake cycle regulation”


ID 1954: “Policosanols” and “Cholesterol”

12 Natural Medicines Comprehensive Database, Policosanol, www.naturaldatabase.com
ID 1956: “Pollen” and “Menopause”


ID 1957: “Resveratrol” and “Antioxydant properties”


18 Horseman RE, 2004. Say yes to sirtuin; no to lamp shades.


ID 1958: “Taurine” and “Tonus/Vitality”


ID 1959: “Taurine” and “Antioxidant/ detoxifying properties”

2 Hendler SS and Rorvik D, 2004. PDR (Physician's Desk Reference) for nutritional supplements. Thomson Reuters, Rozelle, N.S.W.

ID 1961: “Lecithine de soja: soy lecithin” and “Rate cholesterol stabilization”

ID 1962: “Chlorogenic acids from Coffee” and “Glucose homeostasis”


ID 1963: “Sportfoods” and “Creatine: energy reserve of muscle tissue”


ID 1964: “Single and oligomeric flavan-3-ols” and “Vascular Activity”


ID 1965: “Single and oligomeric flavan-3-ols” and “Dermal Activity”


ORAC Europe BV (The Netherlands), (Unpublished). Independent Study.

ID 1966: “Single and oligomeric flavan-3-ols” and “Antioxidant Activity”

ID 1968: “Bêta-carotène” and “Peau”

No references provided.

ID 1969: “Polyphenols from French maritime pine bark” and “antioxidant properties”


ID 1970: “Superoxide dismutase (SOD)” and “Antioxidant properties”


ID 1971: “Glutathion” and “Antioxydant”


ID 1973: “SAMe (S-adenosylmethionine)” and “Joint health, mobility and joint comfort”


ID 1974: “Lactase (βêta D galactohydrolase) as food complement” and “Lactose digestion”


ID 1975: “Acacia gum (gum arabic)” and “Acacia gum and renal function”


ID 1976: “Acacia gum (gum arabic)” and “Acacia gum and cholesterol”


ID 1977: “Acacia gum (gum arabic)” and “Blood glucose control”


ID 1978: “Astaxanthin from Haematococcus pluvialis” and “Beneficial for connective tissue and joints”


FDA (Food and Drug Administration), 1999. Haematococcus pluvialis algae pre-market notification.


**ID 1979:** “Astaxanthin from Haematococcus pluvialis” and “Protects skin from UV damage and sun exposure”

5 FDA (Food and Drug Administration), 1999. 75-day pre-market notifications for new dietary ingredients. Reference Haematococcus pluvialis algae pre-market notification. Docket number: 95S-0316.


**ID 1980 : “Astaxanthin from Haematococcus pluvialis” and “Supports Healthy Immune System”**


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ID 1981: “Cartilage de requin” and “Articulations”

No references provided.

ID 1982: “Gelée royale” and “Vitalité physique et intellectuelle”

Usage traditionnel.

ID 1983: “Lecithin” and “Memory and concentration”


ID 1984. “Phytostanols / sterols” and “Heart health”


ID 1985: “Hydrolysat de chitosan” and “Réduit l'inflammation”


Lee HW, Park YS, Jung JS, Shin WS, 2002. Chitosan oligosaccharides, dp 2-8, have prebiotic effect on the Bifidobacterium bifidum and Lactobacillus sp. Anaerobe, 8, 319-324.


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**ID 1987: “Allium cepa (Common Name: Onion)” and “Glucose metabolism”**

ID 1988: “Allium cepa (Common Name: Onion)” and “Antioxidative properties”


ID 1989: “Allium sativum (aged garlic) (Common Name: Aged garlic)” and “Antioxidant activity”

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ID 1991: “Allium sativum (aged garlic) (Common Name: Aged garlic)” and “Heart Health”


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ID 1992: “Allium sativum (Common Name: Garlic)” and “Heart Health/ Blood lipids”


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ID 1997: “Aronia melanocarpa (Common Name: Chokeberry)” and “Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity”


41 Zhang YJ, Vareed SK, Nair MG, 2005. Human tumor cell growth inhibition by nontoxic anthocyanidins, the pigments in fruits and vegetables. Life Sciences, 76, 1465-1472.


ID 1998: “Aronia melanocarpa (Common Name: Chokeberry)” and “Vein health/Vascular health”


ID 1999: “Aspalathus linearis (Common Name: Rooibos/Red bush)” and “Antioxidant properties”

1 Letter and laboratory report from Professor A. M Meyers, Division of Nephrology, 24th May 1983. “We have noticed a striking decrease in the frequency of recurrent stones in patients with hyperoxaluria when standard tea is substituted for rooibos tea”.


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ID 2000: “Aspalathus linearis (Common Name : Rooibos/Red bush)” and “Relaxation”

